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KENNETH APPLEBY/FOR METRO

Go further with freeze, NDP urged

PUBLIC SECTOR

Province could save another $1.2B in wages, says professor

Jeremy Simes
For Metro | Calgary

Though the provincial government could shave a tenth of its projected $10-billion deficit by rolling back all public wage increases, it won't say what it'll do when entering upcoming union negotiations.

Last week, the government announced it plans to freeze salaries for management and non-unionized employees at the province's agencies, boards and commissions — including Alberta Health Services.

Trevor Tombe, assistant professor of economics at the University of Calgary, said the government could save $600 million if it froze wages and halted new hires of both non-unionized and unionized employees.

The number would double if the government decides to cut wage increases from 2.5 per cent to zero per cent over the next two years, Tombe added.

Leah Holoiday, spokeswoman for Finance Minister Joe Ceci, said the government won't freeze union wages because it must honour current contracts.

Wildrose finance critic Derek Fildebrandt applauded the move but is calling on the NDP to also freeze unionized wages.

"The government can no longer sit on the fence on the need to control wages and save taxpayers money," he said.

metro NEWS

Your essential daily news

Shots fired at U.S. Capitol; suspect and bystander injured. **World**

IN BRIEF

Trudeau dropping by city for EI roundtable

Prime Minister Justin Trudeau will be in Calgary on Tuesday. It's the second time the Prime Minister has visited the city since taking office.

He'll start his day at the Kirby Centre where he will take part in a roundtable on Employment Insurance.

The Federal Liberals announced people availing of EI in locations hard-hit by the economic downturn, including Calgary, would receive five extra weeks of support.

In the afternoon, Trudeau will pay a visit to SAIT for a tour of the campus.

METRO

Transgendered teacher still fighting dismissal

A transgender teacher fired from his job as a substitute in St. Albert is running up against financial hurdles as he plans another appeal.

Eight years ago, Jan Buterman was removed from the substitute teacher's list at Greater St. Albert Catholic Schools after changing gender—triggering a court battle that continues to this day.

Recently the court wrested with the validity of a previous financial settlement which would stop future legal action — but Buterman disagrees.

Last week, a decision came down in favour of the settlement.

ALEX BOYD/METRO

Mount Royal provost leaves post suddenly

ADMINISTRATION

Faculty, Shailer butted heads says faculty president

Helen Pike
Metro | Calgary

Mount Royal University will have a budget town hall meeting on Tuesday. METRO FILE

Mount Royal University governance ranks sit one person thinner Monday after president David Docherty announced their provost and vice president academic is no longer employed at the institution.

Less than two weeks ago the General Faculties council voted down the academic plan, crafted by Kathryn Shailer. According to the MRU website her main role is the "implementation of the 2012 — 2017 Academic Plan and its eight priority areas."

According to Marc Schroeder, president of the MRU faculty association, the provost and faculty butted heads on a number of things.

"One of the concerns faculty had had was over the past there had been missed opportunities for administration engaging with faculty collaboratively," said Schroeder. "We're viewing this as an opportunity to move in a more positive direction again."

Duane Bratt, chair of the Department of Policy Studies, said that's the cause for her abrupt departure. "When the academic plan went down to defeat, which rarely happens…I heard people say it was a vote of non-confidence," said Bratt.

Shailer had a hand in the controversial code of conduct, which in its first iterations put academic freedom at risk, according to the MRU faculty association.

On Monday, a holiday for most working at MRU, Metro News confirmed a memo was sent out thanking Shailer for her years of service. This just days after the faculty association sounded an alarm on what they described as "budgetary cuts" coming from the provost's office.

> **We're viewing this as an opportunity to move in a more positive direction again.**
> Marc Schroeder

Bryan Weismiller, a spokesperson for the university, confirmed Kathy Shailer is no longer the provost and vice president academic for MRU. Deans will report directly to the president for the time being.

David Docherty was unable to comment on the confidential personnel matter, but noted it had nothing to do with the university's annual budget planning.

On Friday, the president told Metro the school was not seeking any cuts. Rather, they were asking departments to "rationalize" over $7 million in increased expense requests.

"No final decisions have been made, and we're not saying you must cut from your existing programs — we're just asking people to take a look," Docherty said on Friday. "We have a responsibility to produce a balanced budget, this is part of the conversation we're getting ready for."

NEEDLES

Park upgrades needed: Councillor

Brodie Thomas
Metro | Calgary

A city councillor says the city needs to develop park space or risk losing it to more undesirable uses.

Ward 9 Coun. Gian-Carlo Carra saw this first hand while in Pearce Estate Park with his family over the long weekend. Carra went out to the park's island in the Bow River, which is easily accessible this time of year because the river is low. While there he discovered a pile of used needles.

"I was interested in tromping across the island just to get a feel for it and the first thing we came across is this den of needles – four or five needles sitting around this little patch," he said.

Carra immediately called the fire department and members came out to retrieve the needles.

For him, it drives home the need to better develop the park, and to make sure the island is also developed.

"If you turn over vast tracts of land in the centre of the city, all kinds of shenanigans take place," he said. "Unless we claim this space as usable space that's actually engaged by citizens, then it will be come an underbelly." Pearce Estate Park is part of a larger project to connect and upgrade three parks and several green spaces in the area. Construction on the park's final approved design could begin as early as 2017 if funding is available, according to the city's website.

Alleged assault victim highlights lack of mental health training among guards, says Rick Lundy. JEREMY SIMES/FOR METRO

HOSPITALS

Security lacks training, empathy: Advocate

Jeremy Simes
For Metro | Calgary

After an alleged assault occurred earlier this month at a southern Calgary hospital, a local mental health advocate says hospital security guards — especially those privately contracted — lack adequate training to handle mental health patients.

On Sunday, a Calgary woman alleged two security guards assaulted her during her brief stay the South Health Campus, leaving her with bruises, tendon damage and emotional scars.

She said one of the guards was employed by a private firm, while the other worked for Alberta Health Services (AHS).

Rick Lundy, founder of Open Arms Patient Advocacy Society, said privately contracted guards — when compared to guards publicly employed — pose a greater concern to patients.

"I think it's a big problem — the training just isn't there," said Lundy, whose organization advocates for better provincial health care.

"If they're dealing with mental illness in any fashion, there needs to be a lot of training."

Alberta Health Services (AHS) said community peace officers receive in-house training that's approved by the Solicitor General, adding supervisors and team leads receive six weeks training at the Solicitor General College.

AHS said contracted providers receive their own training and are mentored further by AHS staff.

V.W. said she hopes the investigation results in better education and training for security guards handling mental health patients.

> **If they're dealing with mental illness in any fashion, there needs to be a lot of training.**
> Rick Lundy

There's also a lack of empathy, Lundy said, adding in-depth training is much needed.

AHS said all staff receive ongoing training and support when it comes to dealing with mental health patients.

Graphic recording helps to make stories more accessible

INNOVATORS

Presentations come alive with Sam Hester's pen

Aaron Chatha
Metro | Calgary

It's not often a doodler turns their scribbles into a legitimate profession — but most doodlers don't have the same speed and precision as Sam Hester.

Hester is a full-time graphic recorder.

"Graphic recording is basically visual note-taking, or telling the visual story of an event or talk," she said.

Hester combines important information with drawings, of people or relevant objects, live as the person is speaking. She said it's a skill most people use already when taking notes or absorbing information: she listens for good sound bites and points that seem important enough to remember. She's actively filtering information as she draws.

She said it's more about working quickly and efficiently than it is creating a piece of fine art — but the result is a vibrant, engaging way to absorb information.

Sam Hester creates doodles and figures to illustrate points – she said companies hire her to help visual learners approach information differently. KENNETH APPLEBY/FOR METRO

Sam Hester's avatar, which, of course, she drew herself. COURTESY THE ARTIST

"I've always taken notes like this," she said. "I have a literature background, so I always took lots of notes when I went to school. I found that when I doodled, it would give me something to help remember."

Hester originally decided to turn her skills into a part-time job in 2013. She was quickly buried under it groups and more — she said she was approached by anybody who wanted to make their story more accessible.

Graphic recording quickly became her full-time profession.

"It's more engaging than a plain old stack of typed up meeting minutes," she said. "A lot of people might be visual learners, so they might see a picture that resonates with them more than a line of text."

Hester said the field of visual practitioners, like her, is growing, but not strictly defined. Of the handful of Calgarians in the field, each offers their own distinct style, not only in art style, but interactivity.

> I found that when I doodled, it would give me something to help remember. Sam Hester

Hester believes than anyone could have the basic skills to develop into a visual practitioner, and hopes that more Calgarians will give it a try.

"I always learn such amazing stuff," she said. "Every time I go to a different event, I listen and take notes, and inevitably I leave at the end of the day thinking ... why didn't I study this subject? It's so cool."

For more information visit the23rdstory.com.

The now-removed Wishing Well art piece. CONTRIBUTED

Wishing Well still waiting in limbo

PUBLIC ART

City weighing ways to lessen risk after piece burned jacket

Helen Pike
Metro | Calgary

It's not in the shape of an elephant, but put it in a room and that's the expression best used to describe the Wishing Well.

Redefining art attack, the $416,000 piece was pulled from public display in 2014, after it singed a woman's jacket. Over a year has passed and the shiny piece still sits in the dark — and the artists have done everything they can to fix it.

But city officials say they are still seeking a way to have the piece displayed. Sarah Iley, manager of arts and culture with the City of Calgary, said the public was quite enamoured with the art. But in order to make sure it's not a fatal attraction the city must look into mitigating risk if it's placed outdoors.

"We are still looking at how it can be best situated and accommodated," Iley said. "We are in this process taking a really good look at where else it might be placed — I don't have an answer yet."

Iley added they're also looking into an indoor home for the piece. But it's a heavy piece of work, though she couldn't say the exact weight.

"The artist has done some work on it," Iley said. She added at this point the artist group has done everything they can. But the city has had scientific help throughout the process, studying the Wishing Well piece to understand how the sun is working with it.

The city has no timeline. Iley said finding a new spot for the piece isn't based on a timeline.

"This has never happened before," Iley said. "If there is a point we come to where we just can't find another way, then that's when (seeking the funds back from the artist) would come in, but we're just not there yet."

BEHOLDER'S EYE

Calgary's public art often costly and controversial

The big blue ring rang in at $470,000 and was called "awful" by mayor Naheed Nenshi

Latest in the hall of art fame is the Forest Lawn Lift Station project dubbed the "Poop Palace," a $246,000 project and now proud owner of a Teddy award.

> We are in this process taking a really good look at where else it might be placed.
> Sarah Iley

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JIM HILLYER

Alberta MP died of heart attack: Autopsy

A statement from the constituency office of an Alberta MP found dead at his desk last week says he died of a heart attack.

The statement says an autopsy confirmed the cause of death for Conservative Jim Hillyer.

The 41-year-old was found dead March 23 after he returned to the capital following surgery to treat an infection in his leg.

Hillyer died instantly of cardiomyopathy, which may have been related to an undiagnosed pre-existing heart condition or from the chemotherapy he underwent in 2003 while battling leukemia, the statement says.

Jim Hillyer. THE CANADIAN PRESS

Hillyer broke his leg in a skiing accident in 2013 and took three weeks off for surgery and rehabilitation. But he was plagued with infections that required subsequent surgeries.

He often walked with a cane and some were surprised to see him back on the Hill after his latest hospital stay.

The autopsy didn't reveal any other health problems.

"The medical examination eliminated any current health issues as playing a factor in Mr. Hillyer's death," said the statement.

Hillyer's wife, Olivia, offered thanks to supporters for their condolences.

"More than words can express, I am moved deeply and comforted by the outpouring of love, support, and prayers my family has received since Jim's sudden and tragic death," she said in a statement.

"Jim is my high school sweetheart."

Hillyer left behind four children; London, Taylor, Nation, and Asia. The funeral is set for Friday in Raymond, Alta.

THE CANADIAN PRESS

EDUCATION

CBE preps its second reading of Bill 10 policy on gender guidelines

The Calgary Board of Education will release the first draft of their Bill 10 and gender guidelines related policy on Tuesday.

The CBE Board of Trustees passed a first reading of the policy on March 15, and hope to squeak in a finalized draft just before the March 31 deadline.

Administration will be providing trustees, and the public, a presentation during the Tuesday board meeting, which will outline their response to Alberta Education's direction on Bill 10.

At a previous board meeting, chief superintendent David Stevenson said the board will not be sharing documents with the public until after they have been submitted and approved by Alberta Education.

The board meeting begins at 12 p.m.

Education Minister David Eggen released Alberta Education's own guidelines on gender policy back in January.

AARON CHATHA / METRO

Rotarians plan peak experience in Nepal

ADVENTURE

Fundraising for earthquake stricken zone, trekking

Brodie Thomas
Metro | Calgary

Holly Milne-Ives of Calgary pretends to touch the top of a Himalayan peak in this shot from Everest Trek 2012, sponsored by The Calgary West Rotary Club. SUBMITTED

Once you've had a taste of the Himalayas, it's hard to resist a second helping.

That's why Mark Ens is planning his second trip to Nepal next year.

He'll be going along with 20-or-so other Rotary Club members — several of whom are also going back for a second time.

Ens said he had already hiked Mount Kilimanjaro in Tanzania and was thinking about trying the hike to Machu Picchu when the chance to go to Everest Base Camp came up.

"It's a gorgeous country — you walk through the mountains and the views are just amazing," he said.

Ens said it was about a 10-day hike that went up and down the mountains to Everest base camp. Hikers had to backtrack down the mountains in places to help them adapt to the altitude.

He said anyone who's not a couch potato and in good health could probably make the journey.

"There are times it feels like you're going up stairs for an hour, but nobody's in a hurry."

Ens said while the scenery is great, he really wants to go back to see the people of Nepal, especially after the earthquake in 2015.

The hikers taking part in the 2017 Rotary trip will be helping the Nepalese.

In addition to paying the cost of the trip out of pocket, each participant has to come up with a minimum of $2,500 which will go to three charities in Nepal.

Karl Herzog, another sophomore base camp trekker and leader of the 2012 and 2017 trips, said the money will go to Shelterbox, Child Haven International, and a third charity yet to be determined.

He said he was of course amazed to see Mount Everest, but was really struck by the citizens.

"What was most impactful was the people in Nepal — how hard they worked and how little they had," he said.

"You almost feel obligated to help."

TRAGEDY

Earthquake devastated Nepal last year

A 2015 earthquake in Nepal killed more than 8,000 people and injured 21,000. It was the first year since 1974 that no climbers summited Mount Everest. METRO

Police eyeing speeders going 0-15km over limit

TRAFFIC SAFETY

Enforcement has led to 40% increase in issued tickets

Helen Pike
Metro | Calgary

Both officers and automated photo radar machines are looking for those who are speeding "just a little bit." METRO FILE

If you've been going 10 kilometres over the limit thinking you're getting off scott free — you're wrong.

On top of a photo radar enforcement spike, Calgary Police Service's stats also indicate about 40 per cent of the automated tickets issued in 2015 were for those travelling between zero and 15 kilometres over the limit, which is up 39 per cent from 2014.

"That's why it's called a limit," Insp. Ken Thrower, of the CPS Traffic Section said. "You're not supposed to go over that, and I know people get frustrated when people go under it — there's no magic number, a police officer can pull someone over if they're doing 2 kilometres over the speed limit or 4 kilometres over the speed limit."

Thrower said playground zones and congested areas with pedestrians create conditional factors to posted speed limits — you could even get a ticket on Deerfoot for going 100 kilometres an hour in a snowstorm.

The new photo radars are "spot on" and not like the old radars which were accurate to a threshold. They're also calibrated every shift.

"The thresholds vary on the locations, playground, school zones, it varies what the tolerance is," Thrower said.

Calgary police released their photo radar numbers for 2015 showing a spike of 47 per cent over 2014 in the number of tickets issued. Those summons' translated to a $21.1 million in gross revenue.

The money is fed back into CPS, and 40 per cent is allocated to the province.

So what's behind this spike in tickets? The weather.

"In Calgary we've had a dream winter... that's definitely a contributing factor," Thrower said. "Also the fact that we met the demand of complaints and issues from public meetings, community concerns."

> We've had a dream winter. That's definitely a contributing factor.
> Ken Thrower

That's right, police are now sticking radar vehicles in residential areas to address citizen concerns.

Thrower said any areas where there were stats on collisions, citizen concerns or possible collisions were equipped with radars.

CPS's message to motorists complaining about the mythical cash cows: Don't speed and you won't get a ticket.

"We've seen in the last little while, when you look at the statistics, we've dropped from 7 last year 7 before and 10 before that," said Thrower. "It's showing we've had a reduction of three fatalities, and those three lives, there's no price on those."

PRIVACY BREACH

Training needed, says AHS

Jeremy Simes
For Metro | Calgary

Following a breach of privacy investigation at a southern Calgary hospital last fall, Alberta Health Services (AHS) has withdrawn or reduced disciplinary action against dozens of hospital employees, though they're getting personalized training so it doesn't happen again.

The breach involved 48 South Health Campus employees in connection to a Calgary police suspicious death investigation that occurred in the city's southeast in September.

The death involved Jessica Hagan, who was drugged by her mother, Christine, after the mom learned she had terminal cancer, according to Jessica's brother, Daniel.

Jessica's body was discovered in her home in the 100 block of Cranarch Circle S.E.

Daniel said Christine thought she was the only one who could care for Jessica, who had special needs.

"Every day it gets slowly better but some moments feel completely helpless. It still doesn't feel real," Daniel wrote on his Tumblr page.

Following AHS' investigation, it determined there was a need for further staff education about appropriate practices for accessing patient information.

The health authority said it implemented a mandatory three-year cycle for completion of privacy training.

All employees are required to complete mandatory privacy training before December 31, and the remaining 47 staff involved in the September 2015 privacy breach allegations have returned to work.

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Reconnecting with traditions, heritage

CULTURE

Importance of spirituality documented in new film

Stephanie Joe
For Metro | Calgary

Reconnection with her heritage spurred a Calgary filmmaker to document the erosion of traditional indigenous ceremonies.

Kelli Morning Bull has spent the last five months working on a personal film to highlight the importance of spiritual connection.

Herland Video Production Workshop targeted seven female filmmakers in the Calgary area to tell their personal stories and promote voices that are not typically heard in the mainstream film industry.

Indigenous filmmaker Kelli Rae Morning Bull used her film as a way to help people understand her culture. The screening is on March 31 at the Theatre Junction Grand. STEPHANIE JOE/FOR METRO

Morning Bull, of the Piikani Nation, is one of the filmmakers for Herland Video Productions Workshop. Morning Bull moved to Calgary 10 years ago and realized how disconnected some of the people she had met were with their own culture.

"When I moved to the city I was really naïve thinking that everybody practiced their culture and realized that no one really (did)," said Morning Bull. "It was a huge culture shock."

Although Morning Bull has been away from home, she still finds ways to practise ceremonies.

"I smudge in my home with my family and where I work we do a lot of pipe ceremonies," she said. Smudging is the burning of sage or sweet grass to spiritually cleanse a person or area.

The screening of the films are to be showcased on March 31, but the venue is sold out, which shows that people have an interest in hearing these stories, according to Sandi Somers, facilitator of the Herland Video Production Workshop.

"They'll get such a diverse array of films from diverse women," said Somers. "I think they'll walk away with a huge sense of satisfaction and enjoyment of hearing these voices that otherwise would not be heard."

"I think it's really important for certain stories about women and indigenous women be told."

SOCIAL CHANGE

MLA, teens tackle domestic violence

Sanam Islam
Metro | Edmonton

An Edmonton MLA is mobilizing youth to tackle the issue of domestic violence in the community through a new program.

"We live in a district that has a high demographic of immigrant or new Canadian populations. In many of these groups, it's almost taboo to talk about the issue of domestic violence inside your home. This is a way we can build more awareness," said Edmonton-Ellerslie MLA Rod Loyola, who launched the six-month youth mentorship program at the end of January.

Currently, nine youths between the ages of 12 and 24 are participating in the program, which includes four full-day workshops. Participants learn skills to become effective community leaders and organizers, in addition to learning about gender equity and domestic violence issues.

> **"I've had friends who have gone through the issue."**
> Rod Loyola

They also work on creating and implementing their own campaign, which could involve a seminar, a talk or other methods of engaging the community.

Loyola — who leads the sessions but brings in experts on domestic violence — said it was his passion for guiding youth who are interested in creating social change, as well as his interest in creating awareness about domestic violence, that led him to create the program.

"I've had friends who have gone through the issue, and I've known many immigrant women who've married someone, come here, been kept inside and been treated like slaves ... having to deal with those situations was really tough for me," Loyola said.

"Doing these workshops is also about youths having a working relationship with their MLA and for them to identify issues they want to focus on."

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Indigenous artist 'over the moon'

DIVERSITY

Don Amero nominated in two categories of JUNOs

Stephanie Joe
For Metro | Calgary

Don Amero quit his job doing hardwood flooring at 27 to pursue a musical dream.

Amero, 35, a nominee at the JUNOfest Indigenous Showcase, is a self-taught artist who hopes his music will help those in dark places get through it.

Calgary is hosting the 45th annual JUNO Awards April 1, and the Grey Eagle Resort and Casino is hosting the JUNOfest Indigenous Showcase March 31.

"I'm in this because I want to help people," said Amero. "My hope is that this song I'm putting out there will move somebody to do good for their own lives."

Twice-nominated artist Don Amero will be featured in **2016 JUNOfest Indigenous Showcase at the Grey Eagle Resort and Casino on March 31.** CONTRIBUTED

> I get to get up on stage every night and share these heartbroken songs and for me this is therapy.
> Don Amero

Amero said that he has used music to get through tough times himself, and appreciates those who take the time to come out and listen to him.

"It's interesting for what I get to do, because I get to get up on stage every night and share these heartbroken songs, and for me this is therapy," he said.

"It's a pretty beautiful relationship."

Even though he's twice nominated, one for aboriginal album of the year and the other adult contemporary album of the Year, Amero is humbled for the recognition.

"This is a huge opportunity," he said. "I never believe that I'm owed anything. The Junos is no small thing. I'm over the moon."

Kelli Morning Bull, JUNOfest Indigenous Showcase committee chair, said it's important for such an esteemed award platform like the JUNOs to recognize and acknowledge the efforts that indigenous artists put into their craft.

"I think it's fantastic, to recognize these artists," said Morning Bull.

"To recognize that they are indigenous people, especially for Canada, because we've been pushed aside in a lot of things — to have indigenous representation is a huge thing.

"Come out and support the indigenous nominees."

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SCHEDULED EVENTS

Great JUNO lineup features acts all over

Aaron Chatha
Metro | Calgary

The Juno Broadcast will be on April 3 from the Scotiabank Saddledome, but it's not the only opportunity to catch great musical acts coming through the city.

JUNO Cup Jam
March 31

The JUNO Weekend is kicked off by a series of fundraiser performances by the JUNO Cup players, with all the proceeds going to a music education charity.

Headliners include Gord Bamford, Beard Guy, Shawn Hook and Brett Kissel.

The jam takes place at Flames Central, 8 p.m.

The musicians then face off against NHL greats in a friendly hockey game on April 1, at the Max Bell Centre, 7:30 p.m.

JUNOfest
April 1 to 2

Hitting multiple venues across the city, JUNOfest shows feature three or four acts per venue, with established artists and developing artists hitting the stage. Performing artists include k-os, Willa, Rich Aucoin, Marianas Trench and more.

JUNOfest wristbands also include access to the Music Mile Bus, between Inglewood and downtown.

Junior JUNOs
April 2

A concert with the 2016 Children's Album of the Year nominees, the show will include a chance for young fans to walk the red carpet. Among the performers will be Big Block Singsong, Bobs & LoLo and Splash'N Boots. The show takes place at the John Dutton Theatre, 10 a.m.

Meet Alessia Cara at Chinook Mall on April 2.
COURTESY JUNO AWARDS

JUNO Fan Fare
April 2

Fans will have the opportunity to meet their favourite artists at Chinook Mall, from noon to 3 p.m.

Artists include JUNO nominees Alessia Cara, Autumn Hill, Brett Kissel, Ria Mae, Marianas Trench, Shawn Hook, Walk off the Earth and more.

JUNO Songwriters' Circle
April 3

Canadian singer-songwriters come together to share songs — and stories —– on stage. Hosted by Paul Brandt, hours before the JUNO Awards take place, artists taking part include: Alan Doyle, Autumn Hill, Matthew Good, Ria Mae and more.

The event takes place at Arts Commons, Jack Singer Concert Hall at 12 p.m.

For more information visit: http://junoawards.ca/

Mayor Naheed Nenshi with a member of Steel & Timber, the first act playing live on the Calgary CTrain for the 2016 Junos.
KENNETH APPLEBY/FOR METRO

CTrain has live tracks of the musical variety

YEAR OF MUSIC

Now through Friday at lunch hour, bands play in transit

Helen Pike
Metro | Calgary

It's whole new reason to sway on the CTrain.

Between now and April 1, Calgarians can enjoy a personal concert on their train car. Ten local acts will play on both the Red and Blue CTrain lines between 11 a.m. and 1 p.m.

"What a great kickoff to Juno week here in Calgary," said Mayor Naheed Nenshi. "I've been saying for some time the year of music means music on the streets here in Calgary, and today it's music on the train."

The event-on-wheels coincides with Calgary's year of music and this week's exciting Juno Awards week. Bands will jump on the train at the end of the lines and ride through the city as people hop on and off.

Doug Morgan, director of Calgary Transit, said he's excited to have some action on the trains during the lunch hour.

"We're certainly looking forward to having a fun ride," he said. "It's always good to make that ride a little shorter."

> "It's always good to make that ride a little shorter."
> Doug Morgan

Nenshi noted the Junos snuck in at just the right time for the city. With the economic slump still in effect, the events are expected to inject at least $11 million for the tourism industry over four to five days.

"We have people coming from across the country, every single province, working in the music industry, fans of music across Alberta," said Marco De Iaco, chair OutLoudYYC. "We expect downtown hotels to be full, restaurants, bars and taxi cabs will be very busy."

Nenshi joked Calgary is about to do such a good job on the Junos that the Canadian Academy of Recording Arts and Sciences will want to move them here permanently.

"I think that it's important with the National Music Centre being here a lot more music stuff will be centred here," said Nenshi.

Acts on the CTrain include Steel & Timber, Jan Rachel, Jiggity James, and the Canadian Tuxedos, among others.

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Couple expecting four bundles of joy

BIRTH

Hospital holding diaper drive to help the Webbs

In this case it may actually take a village to raise a child — four of them to be exact — in a northwestern Alberta community.

Tim and Bethani Webb of Hythe planned to have a family when they got married last June and were thrilled when they found out not long after that they were expecting.

The thrill is now tinged with a bit of panic since the couple has learned that Bethani is expecting four identical baby girls.

"I definitely did go through some panic attacks. I'm still in such shock that I'm having quads. I'm still waiting for it to sink in that I'm carrying four babies," said Bethani, 22, who has been admitted to an Edmonton hospital until the girls can be safely delivered, probably in early May.

No fertility drugs were involved in the conception.

"One of the nurses that works at the hospital said it was a one in 67 million occurrence," Bethani said.

The village of Hythe, 500 kilometres northwest of Edmonton, is rallying around the couple. A fundraiser is scheduled for April and a GoFundMe campaign is raising cash to help with what is going to be a busy time for the Webbs.

"I think we're going to go through at least 48 diapers a day," Bethani laughed.

The hospital in Grande Prairie is holding a diaper drive to help with the stockpiling.

THE CANADIAN PRESS

An ultrasound of Tim and Bethani Webb's quadruplets.

CONTRIBUTED/THE CANADIAN PRESS

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HEALTH

Doctor sheds light on stomach cramps

Jeremy Simes
For Metro | Calgary

A vast majority of Albertans experience tummy troubles, according to an online survey conducted by Buscopan Leger.

Because March is nutrition month, Calgary's Dr. Ted Jablonski is educating people about what they can do to avoid cramps, which are caused by sudden, irregular tightening of muscles in the stomach.

In fact, about 60 per cent of Albertans experienced stomach cramps, with at least one-third of respondents saying they get aches at least once a month.

Jablonski said the figures show that cramps are extremely common, noting women experience stomach issues at higher rates. "Women may be more in tune with their bodies," he said.

However, he said it doesn't matter if you're man or woman — cramps aren't gender specific. What causes these cramps include stress, eating spicy and fried foods, and drinking caffeinated beverages and alcohol, Jablonski said.

In fact, the survey found that 43 per cent of Albertans are eating a healthy diet five to seven times a week, meaning most like to eat unhealthily.

Jablonski said food and drinks that are most problematic include high levels of FODMAPS, which is a long acronym that stands for a list of several types of carbohydrates that can be difficult for many to digest.

FODMAPS

The most common foods with high levels of FODMAPS include dairy products, sugar alcohols, fruits like apples, cherries, and mangos; and vegetables like onions, cabbage and broccoli.

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TORONTO

Ford Nation says goodbye

They have lined up before — for a "Ford Nation" T-shirt or a bobblehead, for a quick cellphone picture, or to shake the hand of Toronto's most infamous mayor.

On Monday, Rob Ford's most dedicated supporters, nearly 300 by lunchtime alone, lined up at city hall to say goodbye — a few words, a blown kiss, a hand on the casket draped in Toronto's official flag.

A man who endeared himself to those who cared little for politics or politicians, Ford is being remembers by his boosters for the personal problems he fixed and the calls he returned.

"He was definitely a people person in every way ... I think he was in politics to help the people, the little man that needs help," said Hyacinthe Huron, 65.

Mourners kneel by the casket of Rob Ford as it lies in repose at Toronto City Hall on Monday. TORSTAR NEWS SERVICE

Huron, wearing the T-shirt she kept from the Ford family's annual "Ford Fest" barbecue, was one of the early mourners to stand outside in line behind metal barricades.

"I loved Rob Ford. I think he was a good man and we've lost a very good leader," she said. "He could have become prime minister of Canada, but cancer said no."

As the rain came down in the square named for another mayor, Nathan Phillips, on Monday morning a black hearse pulled up to the front doors of city hall, followed by limousines carrying Ford's extended family.

Ford's youngest child, Dougie and daughter Stephanie watched with their mother, Ford's wife Renata, from under an umbrella as members of the Toronto police chief's ceremonial unit lifted the casket and carried it inside under "Rob Ford Councillor" signs that were quietly returned to the Ward 2 (Etobicoke North) office windows last week.

TORSTAR NEWS SERVICE

MANITOBA

Boy who disappeared drowned

RCMP say an autopsy has confirmed that a Manitoba boy whose body was found in a creek Saturday drowned.

Chase Martens walked away from his family home near Austin last Tuesday, prompting an extensive search involving hundreds of people.

Chase Martens
THE CANADIAN PRESS

An autopsy by the Office of the Chief Medical Examiner confirmed the cause of death, police said Monday.

The two-year-old's parents and other family members took part in a vigil Sunday evening on the shore of the creek where the body was found.

His grieving family said they have been overwhelmed by the support people have shown.

"The family of Chase Martens is completely devastated as they come to grips with the tragic loss of their little boy," read a statement issued by the Canadian Centre for Child Protection on behalf of the boy's family.

The release said the family wants to express their heartfelt gratitude to RCMP, the provincial fire commissioner and community volunteers who took part in the search.

THE CANADIAN PRESS

Refugees healthy, challenges remain

RESETTLEMENT

Study notes it will take time for conditions to present

The vast majority of the 26,000 Syrian refugees who arrived in Canada by the end of last month showed up healthy, newly published government data suggests.

But while the study by Public Health Agency of Canada staff said the newcomers posed no risk to public health, it noted it will take time for chronic medical and mental-health conditions to present.

The Immigration Department has published data on some of the newly arrived Syrians, but the public health study is the first comprehensive look at the entire group.

All applicants had medical exams as part of the program, though how many were rejected for medical reasons is unknown. The review found of those accepted, two had potential cases of non-infectious tuberculosis.

None tested positive for syphilis or HIV.

Ten were sent to hospital upon arrival for possible communicable diseases, though none ended up a concern to public health. Another 54 were hospitalized upon arrival for other urgent reasons.

"Large-scale refugee movements place pressure on healthcare systems, both in their immediate response and as part of long-term resettlement efforts," the study, published this month in the Canadian Communicable Disease Report, concluded.

The study observed refugees tend to under-report chronic health conditions for fear of being rejected and estimated about five per cent of the arriving Syrians have some kind ongoing health-care need.

1 **Toothache patient Saly Samadi** waits to be treated during a visit to a clinic run out of the Toronto Plaza hotel, where 500 government-assisted Syrian refugees are staying.
2 **Nurse practitioner** Ghazala Hussain and Dr. Alexa Caturay check Saly. TORSTAR NEWS SERVICE

Mental-health issues will also take time to surface, the report said.

It also found a number of children arrived with illnesses including cancers, seizures and developmental disorders. Malnutrition and children with intellectual disabilities were also observed.

The incidence of those appears to be higher than in the general Canadian population, said Dr. Anna Banerji, the pediatrician who screened Syrian children as they landed in Toronto.

In her day-to-day work with refugees, Banerji usually has time for a detailed physical exam, blood work, vaccinations and parasite checks.

With the Syrians, she was just putting out fires because of the volume of arrivals.

THE CANADIAN PRESS

+ DENTAL CARE

The report noted the most immediate need upon arrival was catching up on immunizations and dental care. In Toronto, more than 500 dental emergencies were addressed.

Tattooist turns hurt into art

THERAPY

Auberon Wolf treats her clients' trauma with colour

Clients with scars from traumatic surgeries, suicide attempts and abuse are turning to a Vancouver tattoo artist for healing inside and out.

Auberon Wolf designs tattoos around cut lines from self-injury, burn welts and traces of physical violence, painting them into symbols of empowerment.

"You just can't help but think, what can you put there to help the person feel more comfortable in their own skin," said Wolf. "What can I bring to that with love and care, that's more than just art?"

The process, which may take weeks or months, can be more therapeutic than the finished artwork, said Wolf, 29.

During busy weeks, as many as 10 clients visit Wolf's vibrant studio to collaborate, paying with cash or traded skills.

Wolf's "most intense" work has coloured over wounded flesh up to a finger's-width thick, while the artist hopes in the future to ornament burn scars featuring more ripple and texture.

> **What can I bring to that with love and care, that's more than just art?**
> Auberon Wolf

One of Wolf's favourite pieces is a watercolour fractal sunflower on the arm of a friend who cut herself as a street kid, helping the woman let go of her past identity. Another features a pattern of morning glories creeping around a woman's ribs, which Wolf said sent her into spasms as the process evoked anguishing memories of a miscarriage.

"There's something inherently radical about people carrying trauma investing in themselves, even if it's going to take them to a painful or triggering place," said Wolf. "We can rewrite that moment."

Jenny Magenta is getting inked with a flower bouquet in tribute to her deceased mother, embroidering two unrelated scars on her right arm: a suicide attempt and a harrowing experience when an intravenous needle was used for a migraine.

Magenta said she had flashbacks when she first exposed her flesh to Wolf and the tattoo machine, but added she felt completely safe.

"I now have a beautiful piece of art here," she said.

THE CANADIAN PRESS

SASKATCHEWAN

Hope blooms for women's shelters

When the new women's shelter in Melfort, Sask., is completed this spring, it will be the first shelter built in the province in more than 25 years and will meet a growing need for spaces for women escaping domestic violence.

Last week's federal budget has raised hopes that more projects like Melfort will spring up in areas where demand outstrips supply, including in the North.

The federal budget promised $89.9 million over two years that would allow 3,000 spaces to be renovated or created.

Lise Martin of the Canadian Network of Women's Shelters and Transition Houses said that if half the money went to new spaces, it would mean two new shelters for every province. Those facilities would address a shortfall in spaces that in just one day last year saw shelters turn away 302 women and 221 children because of a lack of resources, she said.

"The reality is yes, a lot of shelters are at capacity and the sad fact is, yes, there is a real need for greater creation of space," Martin said.

The number could be higher if provinces decide to provide matching funds, but the budget says the money will flow even without such a requirement.

In an interview earlier this month with The Canadian Press, Status of Women Minister Patricia Hajdu said the government wanted to create new spaces in communities that didn't have any domestic violence shelters, but was also looking to ensure there are more transitional spaces to help bridge women between emergency shelters and permanent housing.

Statistics Canada's most recent report on domestic violence shelters found there were 12,058 spaces in 2014, up about five per cent from the 11,461 available in 2010. The new federal spending would likely double that expansion rate in two years.

Many of those spaces were built in the late 1970s and 1980s, meaning they are not only in need of repairs, but also renovations to meet the demands of modern shelter users, including women with disabilities who are disproportionately affected by violence. THE CANADIAN PRESS

IN BRIEF

Finance minister talks Canada Pension Plan

With his first budget behind him, rookie Finance Minister Bill Morneau seems comfortable in his new surroundings — he's even quick to highlight the symbolism of the boardroom artwork at his department's headquarters.

Morneau points to a series of framed pictures featuring etchings of $1 coins. The artist, he explains, flipped each of the loonies repeatedly to identify which might be considered the luckiest of the bunch.

That coin, now encased, also hangs from the wall.

"So, that's the lucky loonie," Morneau said before a recent roundtable interview.

"We thought that was an appropriate piece of art for the Finance Department."

THE CANADIAN PRESS

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Castro letter slams Obama

HISTORIC TRIP

'We don't need the empire to give us any presents'

Fidel Castro responded Monday to President Barack Obama's historic trip to Cuba with a long, bristling letter recounting the history of U.S. aggression against Cuba, writing that "we don't need the empire to give us any presents."

The 1,500-word letter in state media titled "Brother Obama" was Castro's first response to the president's three-day visit last week, in which the American president said he had come to bury the two countries' history of Cold War hostility. Obama did not meet with the 89-year-old Fidel Castro on the trip but met several times with his 84-year-old brother Raul Castro, the current Cuban president.

Obama's visit was intended to build irreversible momentum behind his opening with Cuba and to convince the Cuban people and the Cuban government that a half-century of U.S.

U.S. President Barack Obama shakes hands with Cuban President Raul Castro during their meeting at the Palace of the Revolution in Havana, Cuba. THE ASSOCIATED PRESS FILE

attempts to overthrow the Communist government had ended.

Castro, who led Cuba for decades before handing power to his brother in 2008, was legendary for his hours-long, all-encompassing speeches. His letter reflects that style, presenting a sharp contrast with Obama's tightly focused speech in Havana. Castro's letter opens with descriptions of environmental abuse under the Spaniards and reviews the historical roles of Cuban independence heroes Jose Marti, Antonio Maceo and Maximo Gomez.

Castro then goes over crucial sections of Obama's speech line by line, engaging in an ex-post-facto dialogue with the American president with pointed critiques of perceived slights and insults, including Obama's failure to give credit to indigenous Cubans and Castro's prohibition of racial segregation after coming to power in 1959.

Quoting Obama's declaration that "it is time, now, for us to leave the past behind," the man who shaped Cuba during the second half of the 20th century writes that "I imagine that any one of us ran the risk of having a heart attack on hearing these words from the President of the United States."

> No one should pretend that the people of this noble and selfless country will renounce its glory and its rights.
> Fidel Castro

Castro then returns to a review of a half-century of U.S. aggression against Cuba. Those events include the decades-long U.S. trade embargo against the island; the 1961 Bay of Pigs attack and the 1976 bombing of a Cuban airliner backed by exiles who took refuge in the U.S.

He ends with a dig at the Obama administration's drive to increase business ties with Cuba.

The Obama administration says re-establishing economic ties with the U.S. will be a boon for Cuba, whose centrally planned economy has struggled with over-dependence on imports and a chronic shortage of hard currency. THE ASSOCIATED PRESS

IN BRIEF

Lawsuit challenges N.C. anti-discrimination law

Gay and transgender rights supporters are challenging a new North Carolina law, filing a federal lawsuit that called it discriminatory. The legislature passed the law in response to a broad ordinance that allowed transgender people to use the restroom aligned with their gender identity. The new law also prevents cities and counties from extending protections to cover gender identity at restaurants, hotels and stores. THE ASSOCIATED PRESS

UN whistleblower still behind bars

A UN spokeswoman-turned-whistleblower is behind bars at the same prison complex with many of the war criminals she spent her career trying to expose, her lawyer said, as journalists and advocates rallied to her side. The reasoning behind Florence Hartmann's detention has not been made clear but her attorney said it may be an attempt to make her serve a previous sentence for contempt of court. THE ASSOCIATED PRESS

CRISIS

Greece fighting rumours of open borders among migrants

The Greek government said Monday it will set up loudspeakers at the country's border with Macedonia to try and persuade thousands of refugees and migrants to ignore false rumours that the Balkan route to central Europe will reopen.

More than 15,000 people — nearly a third of the total stranded in Greece \— are refusing to move to government-built shelters around the country, and remain at the border with Macedonia and at the port of Piraeus, near Athens.

A spokesman for a government refugee crisis committee said authorities were struggling to counter false rumours on social media that borders could reopen.

"People who are under strain and living in difficult conditions are receiving false reports ... when people are desperate, rumours spread like wildfire," Kyritsis told state television. "We are sending a team of translators (to the border) and loudspeakers will be set up to make public announcements," he said.

Macedonia's parliament, meanwhile, voted Monday to extend the state of emergency in regions bordering Greece and Serbia till the end of the year because of the ongoing migrant crisis. The vote allows continued deployment of the army along the border with Greece to patrol a recently built fence that lines the frontier.

Over the weekend, Greece's armed forces set up more shelter places at various sites around the country.

The country is struggling to implement an agreement between the European Union and Turkey that would see refugees and migrants sent back to Turkey from Greek islands. However, the deal requires the deployment of hundreds of European migration officers and others for the deal to work.

More than 2,000 people who reached the islands after March 20 have been detained to await deportation and continued their protests Monday on the islands of Chios and Lesbos, where they chanted "we want freedom."

Protests intensified when Public Order Minister Nikos Toskas visited the two sites. THE ASSOCIATED PRESS

Migrants shout slogans while demanding the opening of the border between Greece and Macedonia in Idomeni, Greece, on Monday. DARKO VOJINOVIC/THE ASSOCIATED PRESS

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U.S. Capitol on alert after shots fired, woman hurt

SHOOTING

Authorities say this was an 'act of a single person'

Police shot a man on Monday after he pulled a weapon at a U.S. Capitol checkpoint as spring tourists thronged Washington, authorities said. The suspect was previously known to police, who last October arrested him for disrupting House proceedings and yelling he was a "Prophet of God."

U.S. Capitol Police identified the man as 66-year-old Larry R. Dawson of Tennessee. He was charged with assault with a deadly weapon and assault on a police officer while armed, both criminal offences in the District of Columbia.

Dawson was taken to a local hospital, where police said he was in stable but critical condition. A female bystander also sustained non-life-threatening injuries.

After his arrest last year, Dawson was issued a "stay-away order" by D.C. Superior Court in October, telling him to keep away from the Capitol grounds, court documents show.

The U.S. Capitol was on lockdown for about an hour Monday and the White House also was briefly locked down. As the capital teemed with spring tourists in town to view the cherry blossoms, staff members and visitors to the Capitol were rushed into offices and told to shelter in place.

"We do believe this is an act of a single person who has frequented the Capitol grounds before and there is no reason to believe that this is anything more than a criminal act," Capitol Chief of Police Matthew R. Verderosa told reporters. He said it was unclear how many officers fired their guns. Initial reports had said an officer was injured but that proved wrong.

Verderosa said the suspect's vehicle had been found on Capitol grounds and was being seized. On Monday evening, all roads had been reopened and the U.S. Capitol complex had returned to normal operations, officials said in a statement.

George Washington University Hospital spokeswoman Susan Griffiths said it had treated one patient from the Capitol incident for minor injuries and planned to release the patient shortly, but she did not identify the person. THE ASSOCIATED PRESS

A police officer stands guard at the U.S. Capitol complex in Washington, D.C. on Tuesday after reports of gunfire. AFP/GETTY IMAGES

> "I felt like I was in a movie. It didn't feel real at all."
> Cathryn Leff

BELGIUM

Death toll rises in Brussels attacks

As the number of victims in the Brussels suicide attacks rose to 35, Belgian police released a video of a mysterious man in a dark hat seen in the company of the bombers who attacked Brussels Airport, indicating that he is still at large.

"Police are seeking to identify this man," the Belgian Federal Police's website said Monday.

The video's release came as a Belgian magistrate also ruled that a man identified as Faycal C., who was arrested during the police raids that followed the March 22 attacks, could be released.

Faycal C. was among those taken into custody and facing preliminary terror charges. Belgian media reported the man was the mysterious suspect in the white jacket and dark hat spotted with the two bombers at the airport the morning of the attacks. But the Belgian magistrate ruled that new evidence uncovered by investigators revealed there were no grounds to keep Faycal C. in custody and he was released, the Belgian Federal Prosecutor's Office said.

Belgium's Federal Police are seeking to identify this man suspected of being involved in the attacks. BELGIAN FEDERAL POLICE/THE ASSOCIATED PRESS

The Belgian Federal Police's website posted a 32-second video of the still-unidentified suspect as he wheels baggage through the terminal alongside the bombers. THE ASSOCIATED PRESS

JAMAAT-UL-AHRAR

Pakistan's PM vows to defeat militants

In an emotional televised address, Prime Minister Nawaz Sharif vowed Monday to hunt down and defeat the militants who have been carrying out attacks like the Easter bombing that targeted Christians and killed 72 people.

"We will not allow them to play with the lives of the people of Pakistan," Sharif said.

As the country began three days of mourning after Sunday' suicide bombing in the eastern city of Lahore, Sharif said the army would forge ahead with a military operation on extremist hideouts. Jamaat-ul-Ahrar, a breakaway Taliban faction that supports Daesh, claimed responsibility and said it specifically targeted Christians. But most of those killed were Muslims who also had been in the popular park for the holiday. Many women and children were among the victims, and dozens of families held funerals Monday. At least 300 people were wounded.

Pakistan has suffered a series of attacks in recent months, and Sharif said militants are hitting "soft targets" like playgrounds and schools because military and police operations are putting pressure on their operations.

The attack underscored both the militants' ability to stage large-scale attacks despite a government offensive and the precarious position of Pakistan's Christians. THE ASSOCIATED PRESS

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~~#57318~~	~~2015 GMC 2500 HD Sierra C/C Denali 4x4~~	~~WAS $75,870~~	SOLD		#55436	2015 Chev 1500 Silverado DBL Lowered	Was $62,056	NOW $48,488	SAVINGS $13,568
#57321	2015 GMC 2500 Sierra C/C Denali 4x4	WAS $75,870	NOW $58,888	SAVINGS $16,982	~~#55455~~	~~2015 Chev 1500 Silverado C/C 4x4~~	~~Was $63,535~~	SOLD	SAVINGS $14,047
#57328	2015 GMC 1500 Sierra C/C 4x4	WAS $57,520	NOW $44,388	SAVINGS $13,132	#54942	2015 Chev 2500 Savana Cargo Van	Was $39,335	NOW $34,488	SAVINGS $4,867
#57337	2015 GMC 1500 Sierra Double Cab 4x4	WAS $57,520	NOW $44,388	SAVINGS $13,132	#54943	2015 Chev 2500 Savana Cargo Van	Was $39,335	NOW $34,488	SAVINGS $4,867
~~#55311~~	~~2015 Chev 1500 Silverado C/C 4x4~~	~~WAS $63,085~~	SOLD	SAVINGS $14,197	#57557	2015 GMC 1500 Sierra Reg/C 4x4	Was $36,910	NOW $29,988	SAVINGS $6,912
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#55352	2015 Chev 2500 HD Silverado C/C 4x4	WAS $71,835	NOW $55,488	SAVINGS $16,347	#54835	2015 Chev Trax LS	Was $21,490	NOW $16,688	SAVINGS $4,802
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#52415	2015 Chev Cruze 4D 1LS	WAS $18,370	NOW $11,998	SAVINGS $6,372	#52492	2015 Chev Cruze 1LS	Was $18,170	NOW $11,998	SAVINGS $6,172
#55399	2015 Chev 1500 C/C High Country 4x4	Was $66,935	NOW $53,588	SAVINGS $13,347	#56674	2015 GMC Yukon XL DENALI	Was $88,355	NOW $77,488	SAVINGS $10,867
#55412	2015 Chev 2500 Silverado HD C/C 4x4	Was $53,965	NOW $38,888	SAVINGS $15,077	#55754	2015 Chev 2500 Silverado HD 4x4 C/C	Was $81,480	NOW $64,788	SAVINGS $16,692

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ECONOMY

Senate studies effects of falling loonie

The Canadian Senate is just as interested in the impact of the rapidly falling loonie as the rest of us. It heard from experts last month about the reasons for the drop in the dollar's value, as well as the impact on consumers and the economy.

Here's a look at some of report's findings:

- **Three-quarters:** Proportion of the fall in the Canadian dollar's exchange rate attributable to the decline in energy prices, according to Royal Bank
- **$470:** Canadian households' average savings at the gas pump in the first three quarters of 2015 compared to the same time frame in 2014
- **40 per cent:** Maximum amount more Canadians have been paying more for U.S. made goods since the loonie's decline
- **13 per cent:** Increase in the cost of produce from November 2014 to November 2015
- **$25 billion:** Cost of the plunge in oil prices to Canada's economy
- **8 per cent:** Increase in U.S. visitors to Canada between 2014 and 2015
- **$4-5 billion:** The anticipated boost to the economy from more American visits north of the border and fewer Canadians spending their money south of it, according to TD Bank Group.
- **14 per cent:** Increase in auto exports between 2014 and 2015
- **37,000:** The number of manufacturing jobs created in 2015, the highest amount since 2012.

TORSTAR NEWS SERVICE

Alexandra Macqueen says that in order for people to get any benefit from apps, they need to change how they look at budgeting. TORSTAR NEWS SERVICE

Budget apps not enough

FINANCE

A good plan must overhaul spending habits

Budgeting has a lot of unpleasant connotations. It's associated with cutting back on fun and pouring everything into savings. Add to that the amount of work it takes to track your cash flow, and it becomes even less desirable.

Budgeting apps have been trying to change that, making finances less of a burden and more enjoyable. They're catering to a group of people who recognize the importance of keeping a budget but balk at the work required.

In order to get any benefit from apps, people need to change how they look at budgeting, according to Alexandra Macqueen, a financial planner who teaches and writes about personal finance.

"The budgeting app alone is probably insufficient. People need guidance and coaching on … how should I be spending," she said.

Most budgeting apps do one thing very well, and that's providing a detailed overview of where you're spending your money, Macqueen said. But that's only half the work.

"You can have apps that say 'Last month, I spent x dollars on y expenditure category' … but it isn't a spending plan. You need to have both components," she said.

A good budget needs both an overview and a plan on how to change spending habits so that more money is left over at the end of the month.

There's a common misconception that a spending plan basically means you don't spend money on frivolous items, but Macqueen said these "financial sins" shouldn't be such a large focus.

Rather, that focus should be on meeting targets, like putting a certain percentage in savings or paying down debt.

Someone who thinks they need help controlling their finances can appreciate being told exactly how much to spend.

A financial plan doesn't necessarily have to be about chasing down every penny either, Macqueen said. Rather, it should feel empowering to have control over your money again.

TORSTAR NEWS SERVICE

MAKING SENSE OF YOUR CENTS

- **Mint:** This app lets users connect directly to their bank accounts, and monitors how money flows in and out. It also notifies you when credit card bills are due.
- **Goodbudget:** This app works on an old-school method of budgeting — putting money in envelopes for spending categories, and tracking how much money is left. The app doesn't connect to bank accounts, but relies on users filling in expenses in the right category.
- **Daily Budget Original:** This app asks users about their fixed income and costs, then gives them a daily budget they can spend. If you come under budget one day, the next day's increases, and those increases add up.
- **Fudget:** Fudget focuses on balance — money in, money out. Users can input either an expense or an income, and the app keeps track of the balance.

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metro VIEWS
Your essential daily news
Tuesday, March 29, 2016

metroview

ABIGAIL PUGH

ON THE PSYCHOLOGY OF SEXUAL ASSAULT

“Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet it couldn’t happen like that.

An email to 20 friends gets the stories rolling in. Richly remembered, shyly told.

Viv*: “I went on a ‘date’ with a guy who took me back to his apartment. I was 18 maybe 19? I don’t know why I agreed to this. It’s not where someone goes ‘on a date.’”

Viv “could barely drink a beer” — and was raped after playing a drinking game. She has “one two-second memory” of it. “And then I just felt dirty all the time.”

She emails again to say that she’s shared this with nobody since: “Not my therapist, not my sister, not my husband.” She’s 43.

Laura was sexually assaulted by a friend’s grandfather at age 8. The man told the court it was “her fault” for wearing a “provocative outfit.”

Jess writes: “I remember one of my parents’ friends feeling my bum. I had that strange feeling of ‘What’s he doing that for? These are parents — yuk.’”

Here’s Sophie: “I was alone in France with a boy I was getting to know. For the first time that year I felt finally able to connect in French. All of a sudden he reached over and squeezed one of my nipples: hard enough to really hurt.”

Meet Amanda: “I went to university very young. One night, I went up to a man’s bedroom at a frat house: a bunch of other frat guys called me slut and poured beer all over me.”

Apart from the cornering, hurting and frightening in the fashion Ghomeshi was accused of, what do these memories have in common?

Viv recalls — question marks hers — “I acted like I wanted it?”

Jess: “I felt wanted and uncomfortable at the same moment.”

Amanda recalls: “I even saw that same guy again. When I told him I was a virgin, he said I had wasted his evening.”

* * *

Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet — again, of course — it couldn’t happen like that.

Were such truth-telling cultivated among us, three of these friends wouldn’t be footnoting their letters to me that I’m the first they’ve told (“not my husband, not a therapist”).

All the emails talk of a shameful sense of collaboration; of having bought attention and paid dearly, with currency that was ill-understood at the time. Of grappling with a state of mind we don’t yet even have clear psychological (let alone legal) language for. A friend says: “If there was a word to describe wanting to please your abuser — à la Stockholm syndrome — we could just say, ‘Oh, that is a normal reaction,’ not a ‘contradiction to her testimony.’”

If the prosecutor had his own experience of this commonplace sensation we don’t yet have proper terms for —along with the courage to bring it on board — he and the witnesses could have had rich conversations full not of the one-note terror the media so simple-mindedly assumes “victimhood” to be, but of a whole reeking splatter of emotions (because sometimes truth isn’t tidy and sweet-smelling). Or maybe he could’ve found an expert witness to shine a light right at all this and thus help hack out the terms?

Lucy DeCoutere’s handwritten love letter to Ghomeshi is a hate letter to herself. She calls herself a “chicken s—t” for being wary of him; a “freak,” “a—le,” “ridiculous,” “sentimental” and “left in the dust.” When Lucy tells Ghomeshi: “You scared the hell out of me” she’s not referring to his alleged attack but to his “coolness.” The letter is steeped in contradiction: confusion and longing; shock and curiosity; regret and arousal.

My nipple-grabbed friend recalls: “To get angry was to lose connection to something I had only just gotten.” She could almost be Lucy.

I’ve been walking around in a daze since hearing from my friends. I want to mother my younger self and theirs. I want to slap Jian Ghomeshi. When my seven-year-old is older, I plan to sit her down and give her the training: “Lovely, don’t worry about his feelings. Worry about yours.”

If we can learn from this trial, maybe by the time my kid is dating, “sort-of-Stockholm” will be more usefully termed and therefore better acknowledged for the reality it is.

*The names of my friends have been changed and their accounts have been condensed and lightly edited.

STEEPED IN CONTRADICTION Lucy DeCoutere and Jian Ghomeshi and shown together in 2003 in this exhibit photograph from Jian Ghomeshi’s trial. DeCoutere’s love letter to Ghomeshi, a key piece of the defence’s case, can be a read as a “hate letter” to herself. HANDOUT/THE CANADIAN PRESS

“If there was a word to describe wanting to please your abuser, we could just say, ‘Oh, that is a normal reaction.’”

metroview

Ford deserves to be remembered as he was — no more, no less

Michael Coren
For Metro

I hardly knew Rob Ford. And I suspect that the same applies to most people.

While the late mayor appeared so public, ebullient and obvious, there were hidden depths and layers to the man that perhaps only his family — and maybe not even they — were aware of.

In all honesty, I had little time for his politics and some of his statements about political and social issues were offensive and even repugnant. So does all of that change now that he has died?

That’s the important point here. Any person dying so young is a tragedy, and our decency is demonstrated by a respect, even a grudging one, for grieving, loss and pain. His wife and children must be suffering terribly. So a dignified hiatus between his passing and any criticism should have been absolute. Allow a few hours, perhaps a day, for those closest to him to process what had happened.

Most did, but not all. Social media immediately bubbled with acid attacks on the man, as though he were some sort of war criminal. He wasn’t. He could be a clown, he could be a brute, he lied publicly, he used illegal drugs, he said some vile things about women and his domestic life left much to be desired. Yet evil he was not; not evil the way a cancerous death and children losing a father are evil.

So whatever people may have thought of Ford they should have initially shown reverence, less to him than to humanity’s natural rhythm of empathy and sympathy for those in distress.

And then came the ridiculously hagiographical articles. Suddenly we were given Rob Ford who could do no wrong, the bobblehead transformed into the plaster saint. Here was Ford the man of the people who we should only remember as the lovable character who coached high school football and always returned phone calls. One tabloid featured so many flattering obituaries that it became almost Soviet-like, with a deceased leader seemingly beyond reproach.

The truth is complex and obscure. Ford was a very bad mayor of Toronto. His achievements were largely cosmetic, he unnecessarily divided the city and he embarrassed the people of a genuinely great town. True leaders do not make racist, homophobic and misogynistic comments, true leaders do not brazenly disregard the law, true leaders deal in wisdom and not clichés.

But I still genuinely regret his passing and have waited until now to speak my mind. We are all broken in our own ways. We forget that to our peril.

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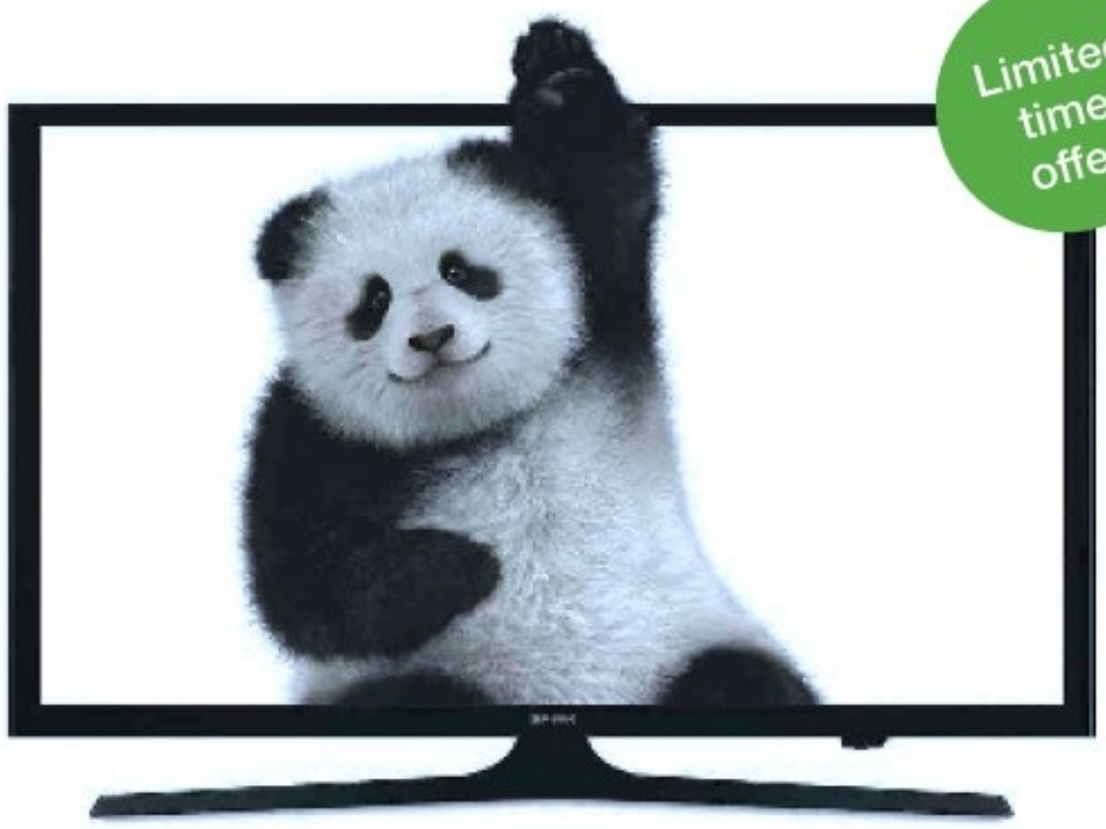

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metro LIFE
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Blood test for concussions? Researchers report some progress

From boxing to boffo box office

STAR WORKOUTS

High-def screens call for high-def training, says celeb trainer

Danny Musico had no plans to be a celebrity trainer.

But when "fellow (New Jersey) guy" and friend Bruce Willis called the former world champion boxer and asked for a favour — train then wife Demi Moore for G.I. Jane — he began on a course that led him to whipping an aging Rocky Balboa into shape.

Musico trained Sylvester Stallone for the sixth Rocky film, but it was his work on the Oscar-winning Million Dollar Baby that cemented his career. "It was just a whole landslide after Hilary Swank," he says.

Since then he's added Leonardo DiCaprio, Toby McGuire, the cast of HBO's Entourage and singers Jessica Simpson and JoJo to his client list. We talked to Musico from Beverly Hills in California.

What makes boxing a great workout?
It's a full-body workout. Professional boxers, they're probably the most incredible athletes, as far as being in shape, on the planet. As far as getting the body in shape, you're using every single part of your body. Right down to helping you with other things — better balance, coordination and agility — everything comes with the training of boxing.

What's an example of a boxing-inspired workout routine?
I train everybody today like I'm still training someone in boxing, so I do interval workouts. For example, you're going to come in with me and you're going to start by hitting a cardio machine for three minutes as hard as you possibly can. That's warming you up and you're coming off of that machine to catch your breath, you have 30 seconds to a minute to catch your breath and start the next exercise.

Then you're starting three minutes of hitting a (boxing) bag. I may break that three minutes up into 30 second intervals — 30 seconds on with speed, 30 seconds rest. By the time you complete that interval, you're going back to a cardio machine for another three minutes of all-out cardio. Off of there, it may be me making you do a set of curls. That's how your 60 minutes goes, non-stop.

Is that what you call high-definition training?
Yes, HDT. The reason why it's called high-definition training, nowadays with the quality of TVs and all of our social media and everything else like that, you can right out see just about anything on the person you're looking at. You need high-definition training for high-definition TV.

As an actor and model yourself, you must have some insight into what it's like working in an industry so focused on body image.
At the end of the day it's not about getting ready, it's about staying ready. You need to stay ready all the time for when that opportunity comes up, because you never know when it's going to be there. If you have to get ready for it when the opportunity comes, sometimes you miss it.

What are some tips for the average Joe who might not have the resources a celebrity does?
I could get you into shape with a rock and a stick. You don't need expensive gym memberships. It's just about consistency. You have to make sure you do it every day. We all want it. It's about how hard you're willing to work for it. Getting up every single day, working out, eating right, getting the proper sleep, not staying out partying. Those are just the basic tips that are actually the fundamentals of success. TORSTAR NEWS SERVICE

Danny Musico's work on the boxing drama Million Dollar Baby cemented his career as a celebrity trainer. CONTRIBUTED

> **I could get you into shape with a rock and a stick... It's just about consistency.**
> Celebrity trainer Danny Musico

HEALTH PSYCHOLOGY

Tough guys less honest about medical symptoms, study shows

A newly published American psychological study has set out to investigate whether male life expectancy — which is shorter than female life expectancy by an average of five years — could be affected by social and psychological factors like choice of doctor and honesty.

"Why do men die earlier than women?" That's the question Diana Sanchez, associate professor of psychology at Rutgers University in the U.S. and doctoral student Mary Himmelstein, set out to answer in a recent study published in the Preventive Medicine journal and the Journal of Health Psychology.

They found that men who had traditional beliefs about masculinity — such as showing bravery, courage and emotional restraint — were more likely to ignore their health problems or delay acting on them.

The pair studied a group of 250 men, who were given a questionnaire designed to gauge their ideas about manhood and their preferences when choosing a doctor.

The results showed that participants with the highest scores on the masculinity scale were more likely to choose a male doctor, assuming them to be more competent that their female counterparts.

The scientists then recruited 250 university students and gave them a similar questionnaire. Each participant was also interviewed about their health by male and female medical or nursing students.

Paradoxically, the higher they scored on the masculinity scale, the less likely they were to talk openly about their symptoms and current health problems with male doctors. "That's because they don't want to show weakness or dependence to another man, including a male doctor," explains Sanchez.

Ironically, this same group of volunteers was found to be more honest about their medical symptoms with female doctors, the authors found.

The pair published similar findings in 2014 in the Journal of Health Psychology. The study showed that men with strong, traditional ideas about masculinity were less likely to seek medical help, and were more likely to downplay their symptoms and suffer worse health outcomes than women or men who did not share those values. AFP

5 years

"Men can expect to die five years earlier than women, and physiological differences don't explain that difference," researcher Diana Sanchez says.

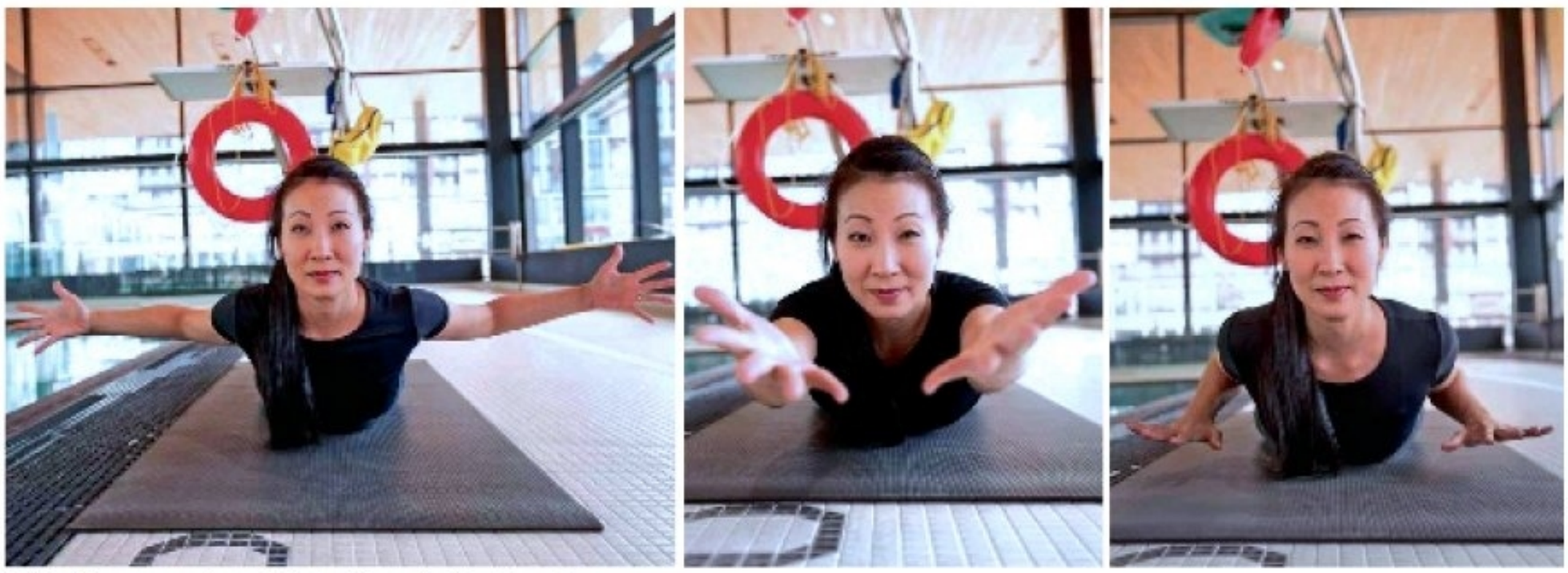
A yoga move for the water babies

CROSS FITNESS

Swimming cobra builds your back, helps shoulders

YuMee Chung
Torstar News Service

Swimming and yoga are so simpatico: they're both deeply relaxing, low-impact activities that emphasize mindful breathing. I unrolled my mat by the pool to bring you yoga designed for you water babies. It's a great way to strengthen the back while warming up your shoulders.



YuMee Chung goes through the motions of swimming cobra. TORSTAR NEWS SERVICE

Swimming Cobra

1. Lay face down on a yoga mat with hands resting underneath your shoulders. If your hips are especially bony, you may want to fold your mat in half to add extra padding.

2. Lift head, shoulders and chest away from the ground while keeping the pubic bone and tops of feet anchored.

3. Now lift the hands a few centimetres away from the mat, to ensure the extensors of the back are working to hold you up. Turn the palms to face skyward and do an exaggerated breaststroke. Imagine the movement originates at your shoulder blades and give them a little squeeze towards the spine as your elbows come in close to your sides.

4. Swirl the arms three times in one direction before heading in the opposite direction.

5. Finish by lowering to the ground and resting arms by your sides. Turn the head to one side and give the hips a little jiggle to nurture the lower back.

Swimmer's Shoulder

Swimming is an unusual sport in that it requires above-average shoulder strength, flexibility and range of motion. As a result, shoulder pain stemming from overuse, misuse and abuse is extremely common in competitive swimmers, so much so that it has been given the name swimmer's shoulder.

According to one study, swimmers who engage in other sports are less likely to have shoulder pain.

A number of prominent swimming clubs have even added yoga to their dry land training.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yogwa teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

RESEARCH

Caffeine increases miscarriage risk

Women have an increased risk of miscarriage if they or their partner consume more than two caffeinated drinks a day in the weeks leading up to conception, a new U.S. study found.

Women who drink more than two caffeinated beverages per day during the first seven weeks of pregnancy were also more likely to have a miscarriage, according to the study published online last Thursday in the journal Fertility and Sterility. But rates of miscarriage are reduced for women who take a daily multivitamin before and after conception. The study, carried out by researchers from the National Institutes of Health and Ohio State University, was based on data from the Longitudinal Investigation of Fertility and the Environment (LIFE) Study.

That study followed 501 couples in Michigan and Texas from 2005 to 2009, examining the relationship between fertility, lifestyle and exposure to chemicals in the environment.

The current study compared cigarette use, caffeinated beverage consumption and multivitamin use among 344 couples when the woman was carrying a single offspring. Of these pregnancies, 98 — or 28 percent — ended in miscarriage.

"Our findings also indicate that the male partner matters, too," said lead author Germaine Buck Louis, director of the Division of Intramural Population Health Research at the NIH. "Male preconception consumption of caffeinated beverages was just as strongly associated with pregnancy loss as females." AFP

HEALTH BRIEFS

Exoskeleton suit allows paraplegics to walk

California-based inventor Homayoon Kazerooni has unveiled a new exoskeleton that will allow paraplegics to walk, reports Zdnet.

With his suitX robotics company, Kazerooni developed Phoenix, the lightest exoskeleton available at 27 pounds. Kazerooni is dedicated to helping those with spinal cord injuries, and in 2011 offered a suit to pilot Austin Whitney, who was injured in a car accident. AFP

More than two caffeinated drinks per day in the weeks leading up to conception may increase the risk of miscarriages. ISTOCK

Toronto's Makela (@_blotty on Twitter) tweeted a story about removing poop from her date's toilet when it didn't flush. TWITTER

No. 1 story about no.2

FLUSH WITH EMBARRASSMENT

First-date horror story goes viral on Twitter

Everybody poops. But most aren't as open about it as Toronto Twitter user Makela, aka "@blotty," who withheld her last name "so (she) can get a job in the future."

"I have a story to tell. It is about my poop," she wrote on Twitter in a series of 18 tweets that have gone viral, detailing a first-date horror story in which she retrieved the offending matter from a toilet, wrapped in toilet paper and put it in her purse, and went back to kissing her date on his couch.

Some of the tweets have garnered upwards of 8,000 retweets and thousands more likes, with users calling her a "hero" and asking for her autograph.

At the time of nature's call, 19-year-old Makela didn't consider "holding it," she told Torstar News Service in an exclusive interview.

"This is just something that happens. Everybody poops," said the Calgary native, who plans to go to university for social work or psychology in September. "I don't think I realized what I was doing was completely insane until I put it in my purse and I sat down (on his couch) and he called me beautiful."

Her story, reminiscent of an episode of Comedy Central's Broad City in which a character removes a poop from a toilet during a power outage, has not been verified by the Star. Makela insisted that the story is true: "I didn't make it up. If I wanted to do something for attention I wouldn't pick something SO embarrassing," she wrote on Twitter.

When the toilet wouldn't flush in her date's bathroom, she got crafty. Makela removed the offending matter using a glove of toilet paper, and wrapped it up into a small package with more toilet paper, at which point she decided it was best to put the waste matter in her purse's inner pocket and get back to her date.

On the couch where they kissed and he called her beautiful, all she could think was "I have a piece of my poo in my purse," she tweeted. When she had a moment, she texted her sister for advice, who suggested she pretend she was a smoker and dispose of the dropping outdoors.

A few hours passed and her date used the bathroom. She heard a flush, and figured he had fixed the toilet, so she had to try flushing it again.

"I brought my purse up to the washroom. Unwrapped the poop, prayed to every god I know, put it in and flushed," she wrote. Her prayers were answered: "By the grace of God, it worked. The poo flushed. I was free. I was in the clear. Everything was going to be okay. I survived. I am a survivor (sic)."

"All of the hard work I put into being a hot girl is tarnished by one teeny tiny poop story," she wrote on Twitter. "Now I'm just the poop girl."

But, a "confident, calm and self assured woman," Makela will try to get more out of the unexpected Internet fame than Twitter users claiming her tweets belong in an art gallery. On Wednesday, she sent a tweet-plea to Ellen DeGeneres asking to be on her talk show. After all, "My poop is popular," she wrote.

Makela has not received a response from DeGeneres' camp.

Instead, she has set up a PayPal.Me account accepting contributions to her "new purse fund." She has since dumped the original purse. TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Chelsea Does listen, learns something new

THE SHOW: Chelsea Does, Season 1, Episode 3, Racism (Netflix)
THE MOMENT: The round table

Comedian and talk-show host Chelsea Handler sits at a boardroom table surrounded by members of several anti-defamation leagues. "When you make fun of Asian people on television, it gives other people permission to," the spokesman from the Media Action Network for Asian Americans tells her. She replies that she makes fun of everyone.

The advocate from the NAACP tells her that it's racist to joke that black men have large penises. She insists that he should be flattered, not offended. "If you're attacking everyone, you eliminate the concept of racism," she maintains.

In all four Chelsea Does episodes, Handler sets herself up as a typical American — ignorant, but with strong opinions. As in the scene above, she appears to be listening, but she's mainly talking. She travels around the U.S., or the world, and asks a lot of questions. By the end, she's learned (and taught us) something.

It's a simple conceit, but the strength of Handler's interviews makes it work. She's not afraid to offend, so she asks bold questions; she's genuinely curious, so she sparks conversations. Ultimately, what she thinks doesn't matter — what matters is the forum she gives others.

In the final minutes of this episode, a Native American spokesman tells her America is in trouble because it's all about "me," whereas his people think in terms of "us." If we could all do that, racism would evaporate. A sign that Handler has learned something: She doesn't retort.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Lauren Conrad knows how to celebrate

ADVICE

Former star of The Hills has become an etiquette expert

In her teen years and early 20s, Lauren Conrad made her mark on MTV's The Hills and Laguna Beach: The Real Orange County. But since then, the Californian fashionista has replaced friend drama and internships with a flourishing and unabashedly feminine business empire.

Now 30 — and hitched since 2014 to her lawyer beau and fellow Californian William Tell — Conrad is a fashion designer and writer. She also makes time for something close to her heart: party planning.

Her new book, Celebrate, covers all the bases, from throwing birthday parties or engagement parties to baby showers or brunch, and everything in between. Here Conrad chats about the joys of celebrating, wedding-day stress and her favourite party essentials.

Lauren Conrad covers all the party planning bases in her new book, Celebrate. CONTRIBUTED

In any celebration, what do you think are the essentials for everyone to have an amazing time?
I think you treat guests as you would want to be treated. Making sure there's good food and drink and making sure it's convenient; those are the basics. People don't always remember the small things because they're so well put-together. It's about creating an environment where people can really enjoy themselves.

You planned a big celebration of your own a couple years back, tying the knot with William. Did all the buildup to your own wedding shape your party planning sensibilities?
It taught me a lot! It was like a crash course. Just the idea of putting together the plans and making sure everything is executed — it took almost a year to plan and there are so many moving parts. It's so important to be organized and make sure everything is consistent.

Any crisis moments on the big day?

> **I think you treat guests as you would want to be treated. ... It's about creating an environment where people can really enjoy themselves.** Lauren Conrad

Not really, honestly. My wedding planner is one of my best friends, so that was helpful. We didn't have anything nuts happen at our wedding. But the best man's speech was actually given by two of my husbands' best friends and it was 27 minutes long. My planner came up to me and said, "27 minutes?!" And the biggest stress of planning our wedding was making sure there was security to make sure it remained between us and our guests.

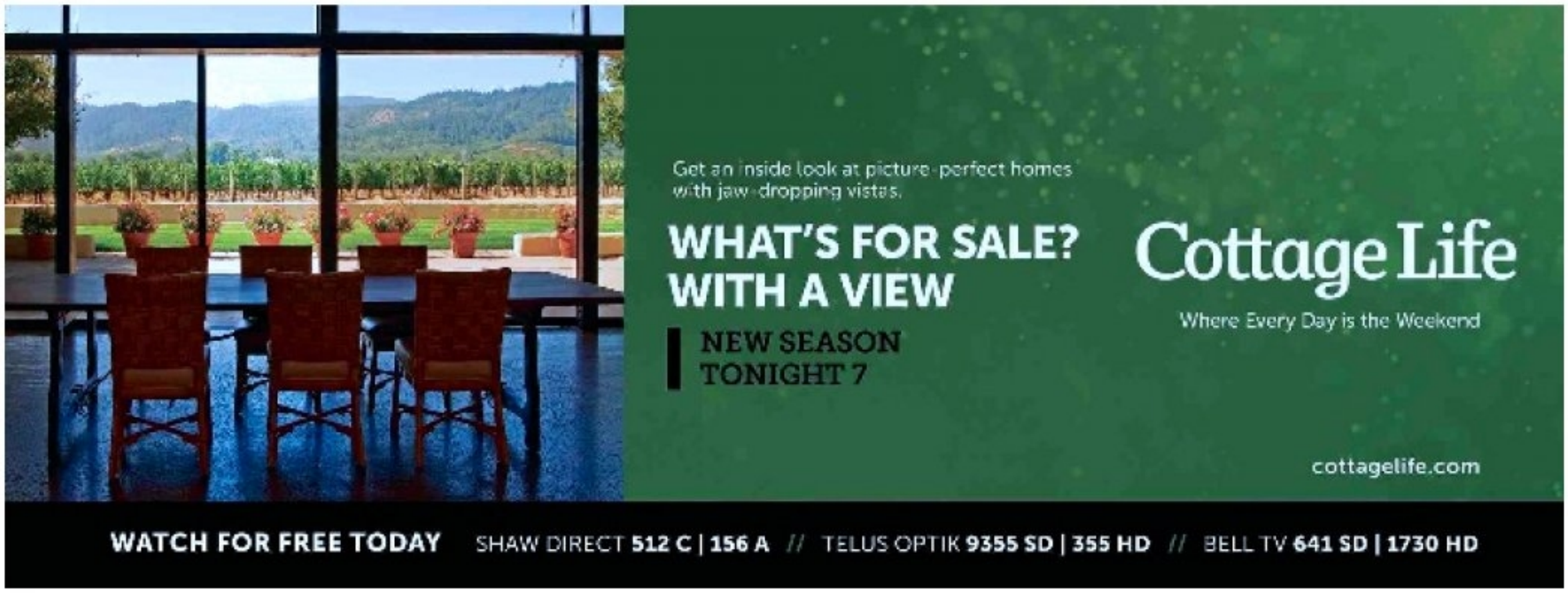
Where does your love for party planning come from?
I grew up in a creative environment, and I love the idea of looking forward to something and celebrating parts of life and creating special occasions. It's nice to plan ahead and get together with people you love, otherwise weeks turn into months.

Many of us watched you grow up over the years through your reality shows. How has your style changed since your early days on television?
I think my style always represents where I am in life. Yesterday, we were shooting and I had to put on heels. I remember having to wear heels every day, but I'm usually barefoot more often than wearing heels now, because I'm working from home, writing and doing shoots here.

On your website, you have an entire category dedicated to "ladylike laws." What does being a lady in 2016 mean to you, when it comes to party etiquette?
I love etiquette. It's this rulebook that's been put together for us. If you know the rules, you know how to behave — and they're there for a reason, most of the time. I think a formal place-setting can be a little regressive . . . but for the most part, I think it's important these rules are in place so we can be aware of other people's feelings and avoid awkwardness.

Is there a certain etiquette rule you hate to see broken?
This is such a simple one, but it drives me bonkers: People still wear white to weddings. It drives me crazy. I was at a wedding last week and someone wore a full white dress. That will never make sense to me.

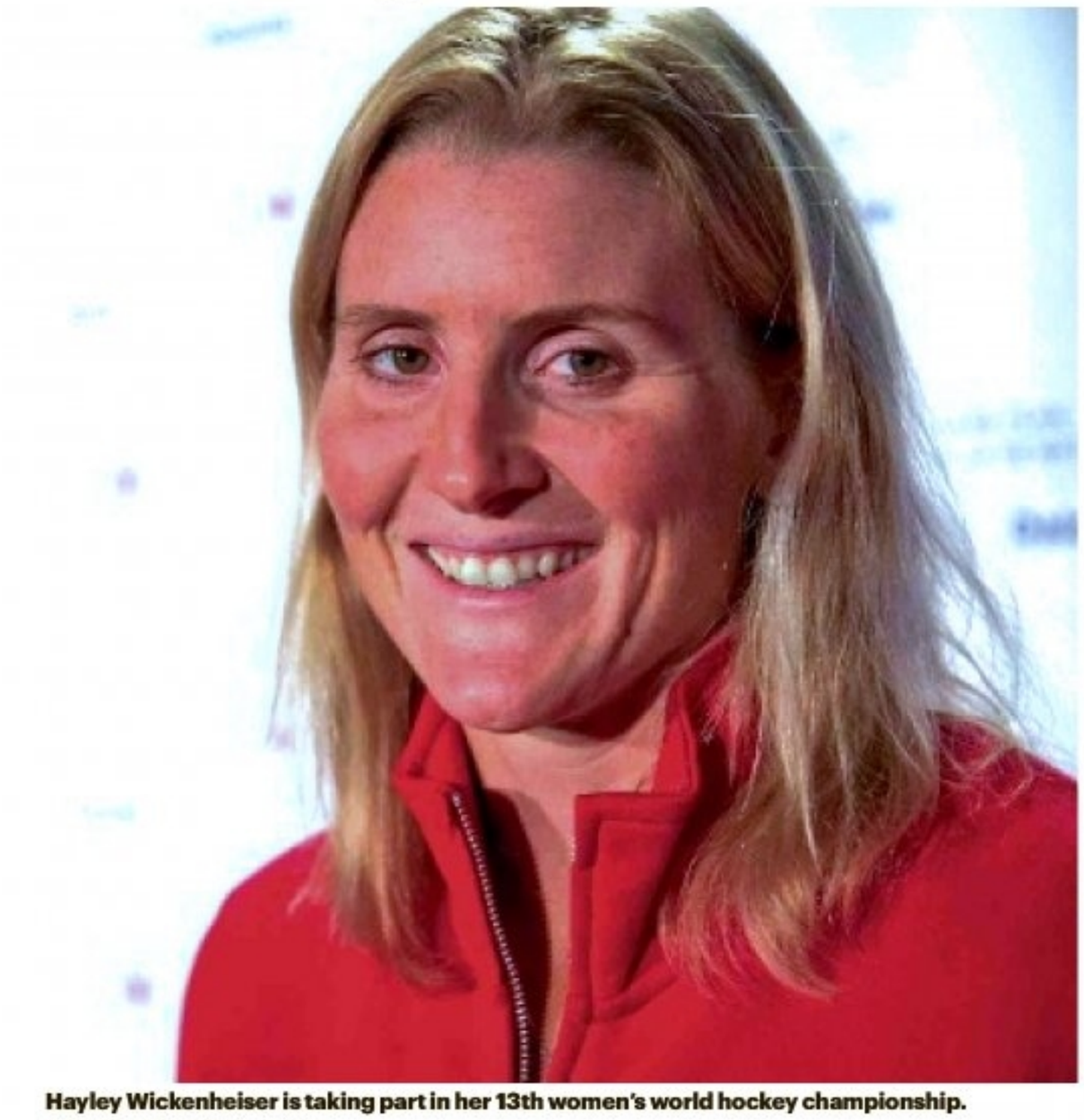
TORSTAR NEWS SERVICE



metro SPORTS

Marie-Philip Poulin has been named Canada's captain for the women's world hockey championship for a second straight year

A chance to get wiser alongside Wickenheiser



Hayley Wickenheiser is taking part in her 13th women's world hockey championship.
CHRIS SO/TORSTAR NEWS SERVICE

WOMEN'S HOCKEY

National legend will be mentor to Canada's new generation

Three of Hayley Wickenheiser's Canadian teammates weren't born when she won her first women's world hockey championship in 1994.

Defenceman Halli Krzyzaniak was 12 years old when she first saw Wickenheiser play in the 2007 world championship final in Winnipeg. When Krzyzaniak scored her first career goal for Canada in an exhibition game Saturday against Sweden, her childhood idol provided an assist.

"That was just surreal for me to say she was in on my first goal because I never thought that would have happened," Krzyzaniak said.

"For my generation, she was someone we really looked up to and kind of idolized and wanted to be, but I never thought I would be playing with her."

A few surgeons also thought Wickenheiser wouldn't be around to play with Krzyzaniak, but the 37-year-old from Shaunavon, Sask., is playing in her 13th women's world hockey championship this week in Kamloops, B.C., with eight screws and a metal plate in the navicular bone of her left foot.

Wickenheiser chose a more optimistic surgeon when she underwent foot surgery in February, 2015.

"There's a lot of hardware in there," Wickenheiser said. "I didn't know if I'd play again. A lot of doctors said I could never play again. One guy said I could and I went with that guy."

Canada's all-time leading scorer in goals (168), assists (210) and games played (271) is also the all-time points leader in world championships with 85, including 37 goals.

She and Finland's Karoliina Rantamaki are tied for the most world championship appearances. Wickenheiser did not play in 2001 because of knee injury nor last year in Malmo, Sweden, because of her foot surgery. THE CANADIAN PRESS

> **It's kind of an exciting different challenge for me, which I enjoy — trying to help the young players who will be leading the team into the future when I'm not playing anymore.** Hayley Wickenheiser

IN BRIEF

Parise named best of week
Minnesota Wild left-winger Zach Parise, St. Louis Blues goaltender Brian Elliott and Pittsburgh Penguins right-winger Phil Kessel have been named the NHL's three stars for the week.

Parise had five goals and seven points in three games, Elliott stopped all 52 shots he faced over two appearances and Kessel shared the league lead in assists (five) and points (seven). THE CANADIAN PRESS

Habs still striving for wins despite playoff ouster
The playoff position that looked like a lock in November vanished on Saturday night when the Montreal Canadiens were beaten 5-2 by the New York Rangers.

That officially put the Canadiens out of the post-season for only the second time in nine years.

The only positive will be a high draft pick, but centre Tomas Plekanec said Monday it was important to keep gunning for victories in the few games remaining in the regular season.

"I'm sure we'll have plenty of time to talk about what went wrong here but we still have six games to play and we have to focus on playing our best and winning as many games as possible," Plekanec said.

The Canadiens and their fans are still in shock from the collapse that followed their 19-4-3 start to the season. THE CANADIAN PRESS

NHL

Leafs can't avoid stormy night in Fla.

Victor Hedman had a goal and an assist, Ben Bishop made 34 saves and the Tampa Bay Lightning beat the Toronto Maple Leafs 3-0 on Monday night to move into a tie for first place in the Atlantic Division.

The Lightning's other goals came from Mike Blunden and Ondrej Palat. Steven Stamkos and Erik Condra each had two assists.

Bishop got his first career shutout against the Leafs. It was his sixth shutout of the season and 18th of his career.

The Lightning and Florida Panthers are tied with 93 points. Florida faces Toronto on Tuesday night. Leafs goalie Garret Sparks made 15 saves.
THE ASSOCIATED PRESS

MONDAY In Tampa

3	0
LIGHTNING	LEAFS

IN BRIEF

Wings hold on to top Sabres
Dylan Larkin, Riley Sheahan and Luke Glendening scored, and the Detroit Red Wings held on for a 3-2 victory against the Buffalo Sabres on Monday night.

Detroit desperately needed the two points to boost its chances of extending the franchise's post-season streak to 25.

Detroit pulled within a point of Boston for the third and final guaranteed spot from the Atlantic Division. Both teams have six games left. THE ASSOCIATED PRESS

Flyers bailed out by Giroux
Claude Giroux scored at 4:46 of overtime, and the Philadelphia Flyers beat the Winnipeg Jets 3-2 on Monday night for a crucial win for playoff positioning.

Giroux also had an assist and Wayne Simmonds and Mark Streit scored in regulation for the Flyers, who began play tied with Detroit for the final playoff spot in the Eastern Conference. The Flyers blew a two-goal lead before Giroux's clutch play.
THE ASSOCIATED PRESS

IN ARIZONA FLAMES TAKE FLIGHT VS. COYOTES The Flames' Sam Bennett gets sent flying after putting Calgary up 1-0 against the Coyotes on Monday night in Glendale, Ariz. Go to metronews.ca for coverage of the game. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Curling champion Vic Peters dies at 60

LEGACY

'He looked so good, that's what's haunting me'

Russ Howard will forever cherish his final memory of Vic Peters.

It came in February in Grande Prairie, Alta., when he, Peters, Rick Lang and Dan Carey — all former Brier champions — posed for a photo with their daughters after they'd been named to the Scotties Tournament of Hearts second all-star squad. Although Peters had been diagnosed with lymphoma in 2011, Howard said the veteran curler was upbeat and jovial. On Monday, news surfaced that Peters, who defeated Howard to win the 1992 Brier, had died at the age of 60.

"He looked so good, that's what's haunting me," Howard said during a telephone interview. "I hadn't seen him in years and we were together for a few minutes so we could get our picture taken with the girls.

"We kibitzed a bit, shook hands and laughed . . . he looked great. A little over a month later, it's pretty shocking. I didn't really know until Sunday that he wasn't doing well. We're really going to miss him a lot."

Peters was regarded as one of Manitoba's "Big Three" along with Jeff Stoughton and Kerry Burtnyk during the 1990s. Stoughton captured three Brier titles (1996, 1999 and 2011) and two world crowns (1996, 2011) while Burtnyk was twice the Canadian victor (1981, '95) and '95 world champion.

"Vic was a fierce competitor, there's no doubt about it," Stoughton said. "He showed his emotions on the ice but he loved the game and enjoyed the game.

"If you beat him, he always congratulated you and was very humble in his victories. He was a perfect gentleman and a pleasure to play against. The curling community is going to miss a great, great person, that's for sure."

THE CANADIAN PRESS

Vic Peters, a native of Steinbach, Man., was a three-time Manitoba champion. DAVE BUSTON/THE CANADIAN PRESS

MLB

Sanchez joins Jays' starting lineup

John Gibbons has settled on right-hander Aaron Sanchez being in the Toronto Blue Jays' starting rotation.

Sanchez's role — be it in the starting rotation or bullpen — was one of the most contentious issues in spring training for Toronto. But Gibbons settled the debate Monday.

"It's exciting for us all," Gibbons said of Sanchez, who beat out Gavin Floyd and Drew Hutchison for the starting job. "We think the sky is the limit for him.

> **It's exciting for us all. We think the sky is the limit for him.**
> John Gibbons

"Who knows how good his career turns out? On one end of it, it's exciting to tell him; and on the other side, it's tough telling the other guys."

Sanchez, 23, has had a solid spring, posting a 1.35 earned-run average over 20 innings. But how long Sanchez remains in the starting rotation remains to be seen as Gibbons would only say Sanchez will open the season there, adding his workload will be monitored and he could return to the bullpen sometime during the year.

Sanchez started 11 games last season but did make 30 appearances as a reliever. He threw 92 1/3 innings during the regular season, then 7 1/3 innings in the playoffs.

Marcus Stroman will be Toronto's opening-day starter Sunday at Tampa Bay.

With Sanchez earning a starting role, Floyd will pitch out of the bullpen while Hutchinson, last year's opening day starter, was optioned to Triple-A Buffalo.

In other moves Monday, the Jays claimed catcher/first baseman Jesus Montero from the Seattle Mariners. To clear a roster spot, Toronto designated catcher A.J. Jimenez for assignment.

Montero, 26 appeared in 38 games with Seattle last season, hitting .223 with five home runs and 19 runs-batted in.

On Sunday, Hutchison escaped injury in Toronto's 7-3 exhibition win over Tampa Bay.

He was struck in the back of the head by Jimenez's throw to second base on an attempted stolen base.

Hutchison left the game as a precaution but told reporters afterwards he was fine.

THE CANADIAN PRESS

Aaron Sanchez was named the Jays' fifth starter on Monday.
CHRIS O'MEARA/THE ASSOCIATED PRESS

IN BRIEF

Mets' Matt Harvey may miss opening day

New York Mets pitcher Matt Harvey has been scratched from his final spring training appearance and could miss his opening day start at Kansas City on Sunday because of an unspecified related medical issue.

Harvey did not travel with the rest of the team to Jupiter, Florida, for Monday's spring training game against the St. Louis Cardinals, and the Mets said he had an appointment with a doctor who was not an orthopedist.

THE ASSOCIATED PRESS

Yanks want to see Masahiro Tanaka start Tuesday

Masahiro Tanaka's final spring training start Tuesday against Philadelphia will likely determine whether he will be the New York Yankees' opening-day starter. Tanaka has a 7.36 ERA in four starts and gave up seven runs in four innings against Washington on Wednesday.

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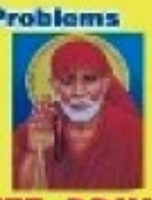

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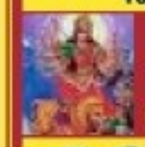

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RECIPE Lamb Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lamb may seem decadent for a Tuesday night but these burgers will be worth it once you enjoy every cumin spiced bite.

Ready in
Prep time: 20 minutes
Cook time: 15 minutes

Ingredients
- 1 lb ground lamb
- 1/4 cup red onion, finely minced
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano (or 2 tsp fresh)
- 1 tsp cumin
- salt and pepper
- mini pitas
- lettuce leaves, washed and torn
- tomatoes, sliced
- tzatzki

Directions

1. In a large bowl, mix lamb, onion, parsley, oregano, cumin and salt and pepper until everything is well combined. Cover and place in the fridge for 10 minutes.

2. Remove from the refrigerator and form the meat into small patties — you should get about 8 or 9 out of the batch. Place them on a clean plate.

3. Heat your grill or pan to medium, medium/high heat and if you're using a pan, add a bit of vegetable oil. Cook your burgers, about 5 minutes on each side until the internal temperature is 160 degrees. You'll need to work in batches, you don't want to overcrowd the pan.

4. Cut each pita in half and tuck in a lamb patty, some lettuce, tomato and a good dollop of tzatziki and serve.

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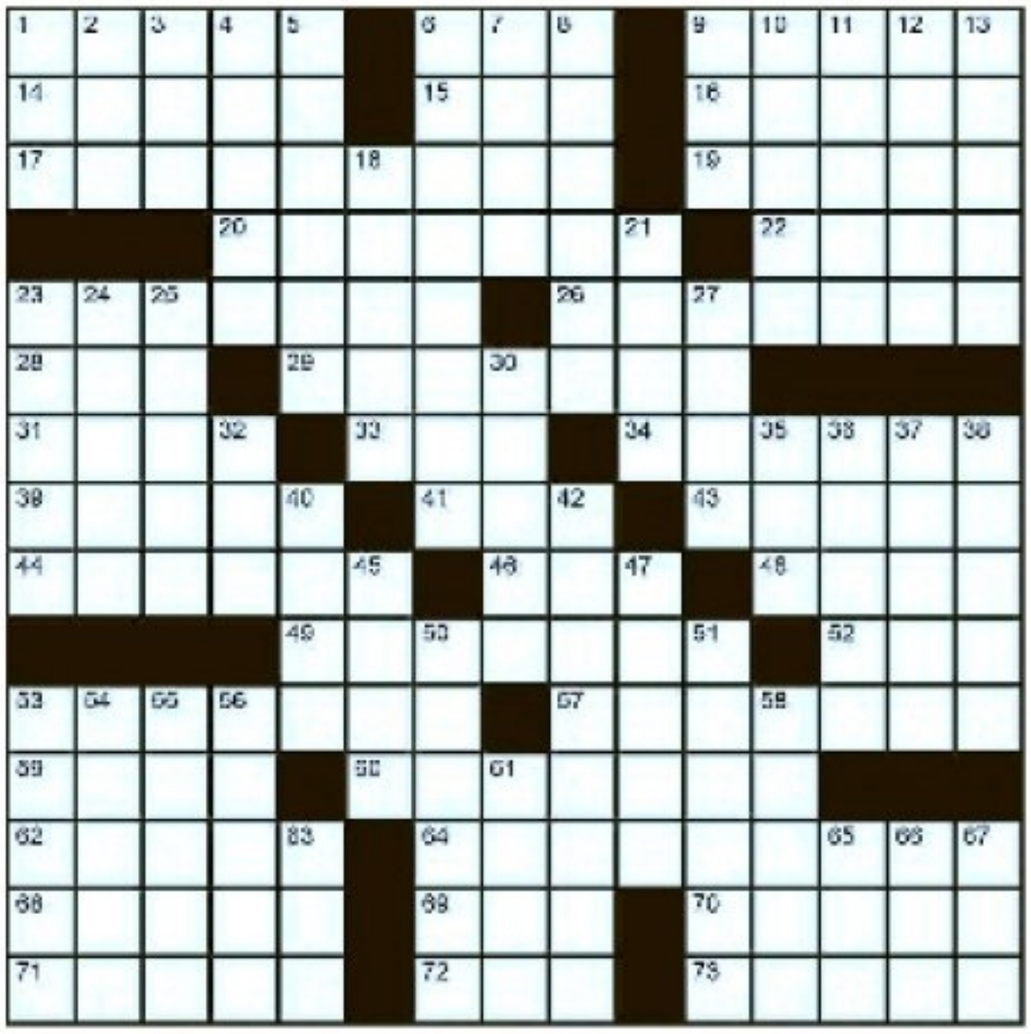
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canuck music quintet, Canadian _
6. Q. "_ '_' what BC's big river starts with?" A. "Indeed, it's called the Fraser."
9. Colorado resort
14. Hokey
15. Pas toi
16. Gleamed
17. As per #8-Down... _ champions (#50-Down this year considering they won at the same event in 2015 in Shanghai)
19. Self-respect
20. Remove from the rough draft: 2 wds.
22. Pre-owned
23. Sunshine-y singer for The Waves
26. Joni Mitchell's "Raised on _"
28. Yalie
29. 1988 Margaret Atwood novel about a painter named Elaine Risley: 2 wds.
31. 'Cook' the cookies
33. Cleave
34. Talk, testy-style: 2 wds.
39. "Witness" (1985) folk
41. Fido
43. 1988: "Wishing Well" by Terence Trent _
44. American city hosting #8-Down
46. "_ la la!"
48. _ earrings
49. Bits of food taster
52. Abel's mom
53. Menswear item
57. Imagined
59. Beauty brand
60. As per #50-Down... Eric _
62. Hairy, like a horse
64. Experiment subject: 2 wds.
68. Rocker Mr. Winter
69. FMs opposites
70. Pain
71. Prepared
72. No, informally
73. Rationalist's belief in God

DOWN
1. Alphabetic trio
2. Caviar
3. Canine's communication!
4. Villain's grin
5. Representative, such as in business transactions
6. Mimicked
7. Mozart aria: "Dove _"
8. March 28th to April 3rd... 2016 ISU World _ Skating Championships
9. Naja Haje
10. Bush
11. Grace
12. Bitter-_ (Diehard)
13. Dependent
18. Alice's cat in "Alice in Wonderland" (1951)
21. Mattel products
23. Shish _ (Skewered appetizer)
24. Western starring Canadian actor Glenn Ford, "The Man from the _" (1953)
25. Polynesian amulets
27. Grand _, Ontario
30. Hawk's prey-spotting descent
32. Superlative suffix
35. "Woow!"
36. Preamble
37. Overhead
38. Click clicked on the computer
40. Party thrower
42. Aquarium denizen
45. Depilatory brand
47. Wading bird
50. Canadian pairs team set to compete at #8-Down... _ Duhamel & Eric _ (For Eric's last name, see #60-Across!)
51. Start over from the top of the page
53. One giving titles to books, say
54. Dodge
55. Line dance at a party
56. Prepare the pizza dough
58. Oft-quoted phrase
61. Russian assembly
63. Not wet
65. Hawaiian cuisine staple
66. Entries
67. Fitness facility

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are in a serious frame of mind today, you will want to deal with practical issues. You will not get sidetracked by frivolous matters.

Taurus April 21 - May 21
Any kind of research will go well today because you are determined to get answers and find what you are looking for. This could pertain to shared property or inheritances and such.

Gemini May 22 - June 21
This is an excellent day to sit down with members of groups or a personal friend to make long-range plans for the future. These plans might include your partner.

Cancer June 22 - July 23
You will impress bosses and people in authority today because you have a serious attitude. You want practical results now and in the long-term future.

Leo July 24 - Aug. 23
Make future travel plans today because you will cover every detail. This is a good day to explore avenues in publishing, higher education, medicine and the law.

Virgo Aug. 24 - Sept. 23
This is an excellent day to deal with red-tape issues regarding inheritances, taxes, debt and shared property. You won't overlook details, because you're on your game!

Libra Sept. 24 - Oct. 23
Serious discussions with partners and close friends will take place today. However, it will be a good thing because you will cover a lot of ground and get a lot done.

Scorpio Oct. 24 - Nov. 22
Choose today to tackle routine work you might have been avoiding. Your powers of concentration are excellent, and you will be detail-oriented. Just get it done.

Sagittarius Nov. 23 - Dec. 21
Romantic partners can discuss how to share expenses and deal with the division of labour in a relationship. Others will address the care and education of children.

Capricorn Dec. 22 - Jan. 20
It's a good day to think about home repairs or what needs to be done to fix broken items at home. You want solid solutions for practical problems.

Aquarius Jan. 21 - Feb. 19
This is an excellent day for any kind of long-range planning, because you are in a practical frame of mind plus you are looking ahead to the future.

Pisces
Feb. 20 - March 20
If shopping today, you will want to buy only practical, long-lasting items. No ostrich boas for you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	8			2				
2		1	8					
	4			5				
	5		1					
3		6				4		2
					7		6	
				6			2	
					9	3		5
				8			1	9

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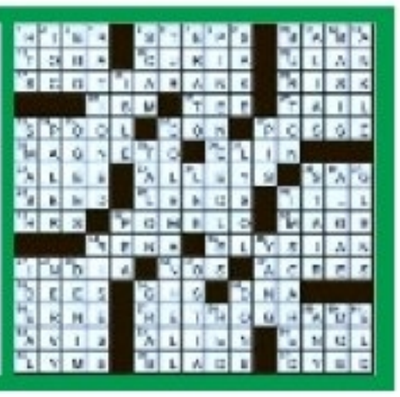
Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

7	4	3	2	1	8	6	5	9
1	6	9	7	5	4	2	8	3
8	5	2	3	9	6	4	7	1
3	9	8	6	4	1	5	2	7
5	7	6	9	8	2	1	3	4
2	1	4	5	7	3	9	6	8
4	2	1	8	3	5	7	9	6
9	3	5	1	6	7	8	4	2
6	8	7	4	2	9	3	1	5



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